

FACTS FOR THE MARRIED

WILLIAM LEE HOWARD, M.D.



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Facts for the Married

THE WRITINGS OF
WM. LEE HOWARD, M.D.

PLAIN FACTS ON SEX HYGIENE
FACTS FOR THE MARRIED
SEX PROBLEMS SOLVED
CONFIDENTIAL CHATS
WITH BOYS
CONFIDENTIAL CHATS
WITH GIRLS

FACTS FOR THE MARRIED

BY

WILLIAM LEE HOWARD. M.D.

Author of

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"Confidential Chats with Girls," "Sex Problems Solved."

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FOREWORD

THE three cardinal principles of complete manhood or womanhood are moral, physical, and sex health. Without sex health there can be no surety of moral or physical health. Sex activity, sex control, sex knowledge, is the middle link which holds together the other two factors—morality and physical balance.

To contentedly grasp what I shall say to you, we must first clearly understand and agree upon some fundamental facts relating to human life—to all animal existence and continuance. These facts can be readily accepted by all normal men and women, regardless of religious training or orthodox ideas.

We must, however, free our minds of mock modesty, cast off preconceived ideas that study and understanding of sex life and sex laws are to be neglected, and, at once, fall into the mental attitude that everything connected with our physical health and development, especially our procreative instincts and powers, is devoid of offensiveness.

Every year there are thousands of young women graduating from school and college who have a fair knowledge of plant physiology and biology, emasculated information of human physiology, yet enter into the married state without the slightest knowledge of the facts in sex hygiene, their own sex nature—which every woman should know before mating—or any details concerning the conditions which makes for happiness or misery.

The information necessary to have if she is to make a happy sex mate, the facts in sex sanitation, the way to become a contented and ever healthy mother—the

real and vital things for a woman to know—are denied her.

And men, too ? Almost equally ignorant of those fine, ethical, moral qualities and physiologic facts in the lives of women which must be known, understood, and considered if husbands are to cement the love of a good wife and keep her in happy health.

Now, what most of us will agree upon is, that the laws of God, or the words of Christ and His apostles, contain nothing offensive to the clean-minded. Yet, in the Book of Books there are things said and laws given, which, should I repeat in their full significance, certainly would be somewhat distasteful to our present state of civilization.

This may sound somewhat paradoxical ; but even so, it is a happy paradox, because it shows us that the necessity for repeating many of the laws regarding sexual habits no longer exists.

We no longer have universal sexual evils or perverted habits. They exist, of course, but only in those outside of contact with normal men and women, and the mentally diseased. What laws were necessary as related to the people before Christianity brought about a higher state of decent and right moral living, are now left for the medical men or police to control and enforce.

As man develops mentally and spiritually, he loses many of those sensual traits and instincts which have been paramount in his earlier states of existence. There was a time in the active history of man when he lived in a state of sensual degradation. And this was not a state of savagery—quite the contrary—it was a civilisation of wealth, of luxury, of art, literature, drama ; of everything in the higher plane of life except—what ?

The inner consciousness of what man can be ; of what lay beyond through man's mental development ; of the fact that life was for a purpose ; for the reproduction of our own powers in other physical frames, and those other frames could be made to contain still higher

moral and mental qualities and thus the world approach to things undreamed.

And all this can—in fact, must—go on at the same time with an increasing admiration for art, literature, drama, sex power, and vigour, but with the elimination of sensual desires and indulgences.

A belief in the Christian religion is a key to the problems of life. A vital, progressive Christianity is not out of harmony with science ; more, it belongs to it. But any exclusion of the sex question as it relates to the married state is not true Christianity, any more than would be true a study of life which excluded the basis of all life—sex laws and sex hygiene.

The advent of Christianity brought about a most horrible state of affairs as regards shame of sex, natural impulses, and the laws regulating reproduction. For centuries, hysteria in convents and monasteries prevailed. Under these conditions sex perversion and inversion became prevalent. A distorted and discoloured vision of the beautiful truths in life was everywhere. Self-immolation, self-torture, flagellation, were all the outcome of the unnatural suppression of man's and woman's nature, and vows of chastity and celibacy resulted in abnormal mental conditions and mutilated bodies. Disgust of the body and its sex organs prevented ordinary cleanliness ; shame of the natural functions caused a neglect of decency which was naturally followed by plagues and diseases.

The pendulum swung over to a state of indecency and insult of God's laws. Fear of the soul's tempter, the body ; denials that there was anything connected with that body which we could with decency understand or try to explain, saturated generation after generation and have lasted to a certain extent up to the present day.

For hundreds of years we have boasted of our Christianity, of our reverence for the Great Maker, of our observance of His laws. For hundreds of years we have

denied, refused, intimate knowledge of the working of His laws, thus allowing disgust, misery, disease, and adultery, with their growing consequences, crime and divorce, to be our state of civilisation.

These conditions are avoidable by a ready acceptance of physiological ethics. These are indissolubly connected with Christian ethics. They belong to the fundamental principles of Christianity, because there can be no care or observance of the laws of Nature unless these laws are understood.

“That every one of you should know how to possess his vessel in sanctification and honour.”—I. Thes., iv. 4.

It will be my earnest endeavour and task to show you these laws and physiological facts in plain words. I am thoroughly convinced that the disgusted wives and invalided mothers, unfaithful husbands and shattered homes, are mostly the result of unhappy sex relations, due to the ignorance of both wives and husbands.

The Great Power which controls us all does not intend that misery in sex relations and mating shall be our lot. No other state but that of happy and joyous sex relations can keep the world moving and progressing. What the Great Source does mean is, that a defiant attitude toward the real Power He has given us will invariably meet with misery as a lesson.

The object of the following pages is to bring about an intimate and loving understanding between wife and husband by means of the physician's talk and advice.

It is on account of the division of understanding—which too long has been the wrong attitude—that much bickering and unhappy disputes have arisen between man and wife.

One frequently hears, in the consulting room, such advice as : “Well, Mrs. —, just send your husband to me and I'll have a nice private talk with him,” Or : Mr. —, if your wife does not understand the moral and sanitary reasons for my instructions as I gave

them to you, tell her to come to my office and I will explain everything to her."

Here is where much harm and many misunderstandings have arisen. Woman views certain statements through a different focus than man. To her, specific words or explanations convey a somewhat different meaning than they do to the husband. Under these diverse mental states, when the two recipients of the physician's advice put together their self-interpretations, it makes a marital tangle.

It is to avoid all this that, together, we shall talk over vital matters. We shall discuss, and very intimately, I warn you, subjects and their details which, when cleared of all possible misunderstandings, will make for marital happiness and physical content.

There can be no happiness where sex health is neglected or impulses uncontrolled. There can be no successful children conceived through disgust or unwillingness. Children, who have been brought into this world unwanted, begrudgingly, are certain to display, later in life, some symptoms of psychic starvation.

That the above conditions—sad as they are—exist, we cannot deny ; but that most of them can be corrected is equally true.

The very nature of the causes of these conditions compels the most intimate talk. The untangling of misconceptions regarding sexual relations of man and wife forces absolute frankness on all three of us.

In the following pages will be found no side talk with the husband ; no secrets between wife and doctor. We must discuss and explain in the presence of a full quorum.

Thus do I try to make plain my reasons—but not excuses—for the words and advice you will hear in our confidential consultations.

WILLIAM LE HOWARD, M.D.

Facts for the Married

FIRST CONSULTATION

“ You have been pronounced physically fit, Mr.—, to be a husband and father. Primarily this is the commencement of a happy and successful marriage, that is, assuming your partner in life is also physically fit for wifehood and motherhood.

“ This matter of knowing that you are free from the dangers of procreating ill and unfit children, that recrimination and remorse cannot enter the home, is of far more importance than wealth, social position, or birth. The man who can go to his bride with a clean physical record, good inheritance, freedom from the demands of alcohol, drugs, or sensuality, is an aristocrat. And it is this sort of aristocracy we need in this country. Bradstreet's or the Social Register cannot make a man fit for a pure wife if his moral and physical record is down on the physician's book as N.G.

“ It there is a record left in your blood or tissues of a past failure to keep up a correct physical and moral standard, if you have refused to pay Nature her just dues, you can never compromise with these inexorable creditors. These creditors will hound you throughout your life and pass along the results to your children and grandchildren.

“ But I asked you to come to me for other than sermons or lectures upon the physical aspects of your marriage. I want to have a little talk with you upon those finer, delicate details so necessary to know if you

would have true love and affection from your wife at the start. And in all truth, the main thing is to start right. You may have a wrong beginning, misunderstandings, and what both anticipated as a paradise of love ends in the rumblings of discontent and perhaps something worse, and no matter how well the wounds of the hearts may hereafter be healed, there are certain to remain scars, which time even cannot entirely eradicate.

“ I know, of course, that as a man of the world, yet clean, however, you are not ignorant of the physical aspects of marriage and all its details, but such knowledge, while necessary to every man is not *the* knowledge which makes for happiness in marital relations.

“ There is always one tremendous factor entering into the commencement of married life which is not generally rightly appreciated by the husband. This is the delicate, sensitive, psychic condition of the bride. Her whole womanly fabric is tremulous with new emotions ; she is pitched to the highest key of excitement, for she is really living a dual existence—that of her maidenhood and the mental vision of home, maternity, affections which she has so longed to give to others and the reality of soon being a complete woman.

“ Just consider for a moment what the up-welling of love in the good girl means to her. All things in Nature are seen by her to be bright-hued and sparkling with iridescent tints—to the woman really in love there can be nothing in life but love and beauty. Not only the mind, the soul, but the gross physical organs are alive with new throbs, new blood. There is a making ready, by Nature, for a new and different life—for the unfolding of a woman from a budding girl. She is happy, yet filled with strange misgivings, wonder, fear, and delight. Mysteries, that she knows will be solved, are ever with her coming and going, increasing as the engagement continues, ever keeping mind and soul

acting, reacting, flowing together, separating, but yet mingling.

“ For perfect health this physiological and psychological preparation for marriage should not last over a year, for if it does and the lovers are much together Nature tires of all this work intended only to bring about the ultimate consummation, and both body and mind become weary and nervous exhaustion follows.

“ Long engagements are inimical to perfect sex health. Please remember this fact when you are the father of daughters.

“ You are to marry to-morrow, and now you must commence to get yourself well in hand, to understand, to appreciate, and develop that inner self, which is not the animal self, but controls it.

“ Do you know that many divorces and miserable marriages have their real origin from the wedding night? Well, such is the sad fact. Fright, disgust, horror, absolute repulsion are frequently the bride's experience. As the marriage existence continues these conditions increase and the end is never far off. And nothing but a man's ignorance of the true character of women and his untutored self is the cause. On the wedding night—in fact, throughout his whole married life—a man should try to mentally place himself at the disposal of his wife. Tenderness, not force, is what wins in love. Gentle eagerness is met with passive desire; grossness with repulse, opportune virility with passion. Try any other methods and disgust follows.

“ The wedding night should be one of mutual sweet content, calm tones, delight, all ending in joyful expectations—expectations which should last throughout life.

“ Mr. ———, remember that what to you is an incident in life, is to your bride all LIFE—everything or nothing. It all depends upon this first experience what your futures are to be. Remember, also, that the little

woman has been for weeks and months under unaccustomed strain. Preparations for the wedding, teas, dinners, congratulation luncheons, the coming and going of dressmakers, trousseau troubles, fretting days and dreamy nights, have brought her to the highest nervous pitch she will ever know. She is now poised so delicately, her nervous system is so sensitively balanced, that the wrong word, the unconsidered look, the coarse impulse, may in one moment completely upset these delicate poises and balances and cause love to turn to hate. I have known many such sad endings of the wedding night.

“The little woman you are to marry has more queries, greater anticipation of imagined mysteries surging in her tired brain than you realise. I am not referring to any matters of a purely sexual nature or to the fact that her instruction in marital relations has brought amorous ideation. Proper instruction she has had—more power to her exceptional mother! These matters are very important to the expectant bride, but they are side issues compared with the real state of the girl’s mind and soul, which you should know.

“It is of pure love, devoted care, and consideration and that indefinable something the good woman craves, that must be known by you from the start. The mere physical change she knows is coming into her life is not the factor uppermost in her thoughts.

“It is how you treat her in these delicate matters that will make the difference in your lives. There is another very important detail concerning the wedding night—it is a psychological detail which we can only suggest. That is, that at this time little acts or unconsidered words on your part are exaggerated into infamous or cruel deeds. The tired bride is not in her normal state of health, but in a very highly suggestive condition. Little things you might say or do later on in married life cannot, with safety, be attempted

on the honeymoon. Petulancy is generally nothing but the safety valve of hysteria ; indifference nothing but nature recuperating. Patiently abide your time—you will be fully repaid. Most brides are live wires ; handle them only with non-conducting gloves, lined with tenderness and understanding.

“ Can I give you rules, laws, lay down a course of conduct for the nuptial bed ?

“ No ; no more than I can give you laws which govern mental and physical phenomena. Every woman is a law unto herself ; it is for you to understand what the general conditions are in a young woman such as you are to wed.

“ As I have suggested, many brides go to their husbands strung up to the danger point of hysteria. Now such a state is conquered and controlled by kind words, tender regard of their feelings, and complete control over your natural instincts. This latter point must never be neglected. It may be a difficult matter, often too difficult for the average man, but if he insists against his bride's feelings at the time, his future happiness is jeopardized. Such action constitutes cruelty in the eyes of the woman.

“ Tears and fright show the nervous strain, and they must never be roughly driven away. Don't approach your bride except in an attitude of a protector. Let her thoroughly understand that it is as a protector you remain with her and not as a man who would do her harm.

“ Not infrequently the excitement the girl has been through brings on her menstrual flow at this time. As a rule, the wedding date has been fixed with the view of avoiding this condition. Unfortunately many girls of to-day are not always regular—I have met many who never could tell within a week when the flow would appear. Under these distressing conditions accidents will happen which do much to break up honeymoons. But the fault in these cases is always

the man's. Ignorance, lack of understanding, and an uncontrolled sexual nature are the cause.

“Modesty in matters of the female sex functions is the paramount trait of all women, and such an accident as the unexpected menstrual flow on the wedding night adds a frightful shock to the trembling bride. Modesty forbids—it should not—a plain, appealing explanation to the husband, and if he is of the usual run of men, ignorant in these matters, he mistakes a real, tangible reason for his bride's refusal for false modesty and timidity. Then the thing occurs which arouses all the innate anger in the woman. To this rightful anger are added physical pain and mental disgust.

“Now arises in your mind the impression that these and analogous cases must be exceptional, for marriages which last are not exceptional. But these cases of brutality upon the wedding night, these awful affairs which cause hatred instead of love, are neither exceptional nor common—they simply happen every day, and the pity of it is that they are avoidable through right teaching.

“Only the physician knows of the thousands of wives and husbands ostensibly living together whose marital relations are false. Such people exist with the shadow of disgust all over the house. Social conventions, pride, false modesty, religion, and financial conditions are some of the reasons for this horrible state of affairs when not relieved by divorce. Very sad indeed is it to realise that the greater proportion of these wrecked men and women could have lived happily, lovingly together, had they started right on their wedding night. Ignorance and prudery are the threatening shoals for those who start out from the harbour of life together.

“Should your bride be in an indifferent mood or unduly frightened at your approach, seek kindly, calmly, and under self-control for the reason. If it

is some such accident as unexpected menstruation, your duty is plain. Patience, a kiss of comprehension, and the complete control of your animal instincts will make you the idol she has so long subjectively worshipped. Show the brute in you and her protective instincts will surely be aroused.

“Timidity, blushing timidity, and delicious fear are to be expected, and it must be won over by tender wooing and waiting. All your efforts must be those of the patient, yet virile man. It is a wonderful trait in woman, her power to discern real love from sensuality. There are too many girls out in the world uninstructed, surrounded by bad environments, seeing life from the wrong side, who are easily deceived by words and promises. These girls, it is true, have seldom reached that age where the ability to discern pure animalism from real love is strong enough to protect them, and as long as parents and society, including schools, do not protect them, we can never hope to save them.

“But to the carefully reared girl, matters are seen in a true light. Such a bride is ever on the alert, she must be caressed, fondled as you would a little child, or treated as you would a delicate flower, if you wish to keep, forever, the beautiful bloom and colour.

“Many a man on the day of his marriage responds to too frequent toasts. Some drink wine at the wedding feast. Now, if there is any time in a man's career when he needs to be clear-headed and unaroused in his animal nature, it is upon his wedding day. The coarse actions, harsh words, frightening impulses, which have often destroyed a wife's hopes, have had their origin in over-stimulation at the wedding supper. It is too late the next morning for repentance or forgiveness, for these things sink in the bride's memory too deeply to ever be forgotten.

“The reprehensible custom of giving the bride some

sort of stimulant just before and after the wedding, is fraught with great danger. Already wrought up to a high pitch, a glass or two of wine may be the one factor causing a state of disagreeable hysteria, and if she is apt to be irregular in her functions it will certainly aid in bringing on her period.

“ It is a great mistake to take your tired bride upon a long wedding journey. What she needs is some quiet retreat where she can recuperate and gather strength for love’s demands and return to her home happy, well, and able to start upon her wifely duties. I have known brides brought to their homes after a month of ‘ rapid travelling ’ so completely tired out that housekeeping was a thing to be dreaded and avoided. Such young wives need to see their duties in a bright light ; should go to them full of enthusiasm, rested from past excitement and work ; in perfect health. I sometimes think that the abhorrence of housekeeping, too frequently found among English wives, dates from the return from their wedding journey.

“ Take the physical condition we find in the bride and then rush her from place to place, force her to go sight-seeing in every town and city you drag her to expect her to be interested in matters that belong only to the commercial man, get her out of bed to take an early train, after a night at the theatre, and what can you expect in the way of a woman ready to take hold of a house and its many cares on the day you bring her to ‘ the home ’ ?

“ You should not allow your bride to take up household cares until she is thoroughly rested. You should, from the moment you turn over to her the flat or house, commence to make love to her as though you were starting on the honeymoon instead of ending it. Love and affection must be associated with her home, and the time to start this is on the day you pass the door. Then keep it up. To bring out all

the normal sex instincts in your bride refrain from approaching her in the new home until she calls. By so doing you will find that her health and happiness are strongly entrenched and that what might have appeared to you as indifference will prove to have only been weariness and unawakened emotions.

“There are some women whose natures are such that time only arouses them. In these cases the husband must be very careful not to cause chagrin or shame by accusations or cruel words. If the husband has the right stuff in him he will soon see that all his bride wants is longer wooing, patience on his part and appreciation of her slow development. Once fully developed these wives last as long as the ordinary husbands. Then they are always poised, always under self-control, reliable, loving, responsive.”

SECOND CONSULTATION

THE NEGLECTED WIFE

“ OF course your wife is nervous and irritable. You have not even noticed that she is getting thin and pale. In fact she is in a dangerous state ; dangerous to her moral and mental health ; dangerous to your reputation as a husband.”

“ I do not exactly understand you, doctor.”

“ No ; if you did, you and your wife would not be here asking my advice. It was a trouble for you to come ; I realise this, but it was absolutely necessary for you to learn of the true state of affairs ; for I knew you did not comprehend that neglect of your wife was the cause of her pitiable condition of mind and body—and in truth her whole nervous system.”

“ Neglect my wife, doctor ? Why, I never had a thought that——”

“ Stop right there ! ‘ Never had a thought.’ Yes, never had a thought of your wife’s nature and its demands. It is, in plain words, a neglect of her sex desires and all those little attentions such as a normal woman needs to keep her nervous equilibrium and physical balance.

“ You belong to a small class of men whose whole time and energy are given unemotional brain work—abstract attention. Mathematics and astronomy are your greedy mistresses, and while morally your undivided attention to your mistresses may differ from that of the other, or common variety, as far as

it affects your wife there is not the slightest difference.

“ The general impression is that sexual neglect, the cause for so many divorces and double lives, is due to the wife. This is not true. The many neglected wives have not heretofore had their innings. A true modesty, a false idea of sex silence, the universal impression that any self-acknowledgment on the part of women that they do possess desire and normal passion is a shameful fact to admit, have been the causes of more mental misery, nervous breakdowns, drug and alcoholic habits, and in many cases adultery, than the public realises.

“ In this matter of sexual desire, the woman does not differ from man. I well know that a different idea and many wrong statements, to the contrary, have been constantly drilled into the British people. I know such have been the teachings of superficial observers, of the academic and scholastic investigator, and most of all the women teachers and spinsters—these latter are, of course, excusable, for from their point of feeling they speak the truth.

“ But as a physician who can bring an extensive knowledge of the world and its people, who has a large and long acquaintance with confiding and truthful women, who has seen, with his own eyes, the physical suffering of sexual starvation, I tell you that normal woman is as normal man.”

“ You don't mean to say, Doctor, that married women are as desirous for sexual relief as man? ”

“ Not exactly that ; you will understand when I finish my little lecture. I'm going to put you in the place of your students, to whom you so dearly like to lecture instead of lovingly talking to your good wife, and have you hear something you need to know. But let me remark just here, that if women were as indifferent to their sex emotions and desire for little babies as you have demonstrated, the world would have ended long ago, as far as people are concerned.

“ No ; women are not like the average normal man ; ever ready, voluntarily awakened to sex emotions, seeking the male, passionate from puberty. They are as maids, as young women, as a rule, blind to latent sex desires. There is always a something indefinite that they psychically feel, the desire for motherhood, the ardent passion to mother something ; the consciousness that for the babe or man they truly loved, self-sacrifice—body or soul—would be the extreme of their earthly happiness.

“ But do not confound this state with anything of a sensual nature—it is hardly of a sexual nature ; just the gentle bubbling of a real woman’s nature. When this condition is brought to its complete development through a happy marriage, when the bubbling has merged into a geyser of love and devotion, we have the most beautiful sight to be seen on this earth or in heaven—a pure wife and loving mother.

“ But in fundamental facts, women do not differ from men in their sex desires and impulses. There exist among women all the phases from absolute frigidity, indifference, normal passions up to uncontrollable frenzy. The two extremes—frenzy and frigidity—are, of course, pathological—that is, diseased states. They may be due to entire absence of sexual centres in the brain, or some diseased condition of the primary or secondary sexual organs ; to some psychological disturbance which makes them other than woman, or to a fright of a sexual nature before or at about the time of puberty.

“ Indifference is the rule in most unawakened women. Without this physiological state there would be no such thing as modesty, no pure women, no social security.

“ When the smouldering fire of normal life is fanned into flame through love, through happy mating ; when a woman gives her body and soul—for remember in woman these two are inseparable—then, I repeat, she

differs not one whit from man—that is, she desires and needs. And the woman has been so wrongly trained and treated that she knows no other way to answer a direct question about this matter but to say what is not true ; hoping all the while that the doctor can see that she is lying. Some do.

“ Please remember that I am referring all the time to the normal woman. What we want to get at are those right and just conditions in the married which make for health, morals, and happiness. It would be very easy to show you that the fact of so much immorality in young girls does not contradict my statement that, in all normal young women, the sex desires are latent until the proper time comes to have it awakened—of course through marriage.

“ The anti-social custom of allowing our girls to mix promiscuously with youths in the schools, at the pictures, and places of a similar nature, is the factor which awakens dormant instincts. The loss of home influences, the reading of rotten erotic novels, the witnessing of abominable and suggestive plays, the dance halls—well, all these influences are the causes for bringing out those instincts and desires which makes the girl go wrong, and have spread the idea that some girls are born bad and others good. Don't you see that influences and environments are the factors ?

“ In speaking of the many conditions surrounding this question of sex passion in women, we must clear it of all these anti-social evils as well as of the secrecy and denials which women have been taught to uphold.

“ Your wife has spoken truthfully ; has bared her soul and thoughts to me.”

“ It was the only way, Doctor,” she interrupted. “ Something had to be done. I did not wish to be unjust to my husband. He has not realised my position or his condition. He sits up all night in his observatory. I have seldom known him as a husband

since he took this professorship—two years ago. And he is only thirty-eight years of age—I am twenty-eight. If I did not feel confident that I should soon be a physical and mental wreck, I would have suffered in silence. I know one or two women who do—but I do not believe they really suffer. I think they belong to that class of indifferent women you mention—or else have never been awakened. I have tried everything in my power to become indifferent, to freeze my nature—I cannot.”

“Why!” thus spoke the legal husband—“why, I never knew that——”

“Right here, Professor, stop until we thresh this all out. We want deeds from you, not words. Don’t get offended. You are a normal man, only you have given too much vigour and energy to your work. Such men as you should not marry, but married you have your duty to perform—oh; not in a mere perfunctory manner—we will get to that later.

“Your wife’s health—mind and body—are in your sole charge. Do you want to force her into solitary habits? Do you want her to accept those little attentions and opportunities always open to the neglected wife?

“Never fear—your wife is a noble, pure, but nevertheless a normal woman, whom you awakened to full life, then denied and neglected. She is normally balanced. She will fight and control, but in doing so she will use up all her mental and physical energies. Then, ill and despondent, she will hate and abhor.

“Ah! there are more of these neglected wives than you realise, but not so many like your wife, who remain neglected and suffering.

“Now, here are a few facts about good women—well, all women—which you cannot read in the stars.

“It is the complexity of woman’s sex nature you

have not understood. A wife needs the affection of attention, interest. With her it is not merely a craving for carnal pleasures ; it is something deeper, something of a spiritual nature which is sweetly blended with her physiological demands.

“Spiritual companionship, which must be the foundation of all complete and lasting marriages, is to a woman the real meaning of love. Your wife has her ideals, her longings for something beside bed and board. The furniture man supplies one, the butcher the other. You send a cheque, and that is the last you ever think of your duties to your wife.”

“But I need all my vigour and energy for my work. I have——”

“Oh, selfish and misguided man ! Why did you not think of all these matters before marriage ? It is now too late. You owe a higher duty to your wife than any sordid professional duty. Sordid, because you have selfishly allowed it to come between you and a pure woman whom you solemnly swore before God to protect and love.

“You think you have protected her ? Not a bit of it. As I, as she, have shown you, you have placed her in a perilous position from which less strong wives would have fallen.

“If you really believe that in order to reach higher position in the scientific world you must remain continent, then do the right and sensible thing, allow your wife to obtain a divorce. But, here mark well what I say, do it like a full-blooded man. Allow no intimation to leak out that your wife was in the least incapable of performing her marital duties—we have had too many of these wronged wives eating out their hearts because custom and conventionalities have prevented them from telling the truth. Allow no such euphemistic pleas as incompatibility of temperament, of cruelty, abandonment. True, technically, these will all fit you, but it is time now to be honest in

these affairs and let the world know concerning these hidden truths.

“ You have turned yourself into an indifferent man—let it be so known—for the honour of a good and normal woman. No wife is compelled to live with an unsexed man.”

“ Doctor, Doctor ; that is not true—I am a man.”

“ No ; have been and can be ; but are not. You understand ?

“ What I mean is, that you have your intellectual mistresses, and have become obsessed with the morbid idea that they must have all your energy and vigour. This morbid obsession has made you blind to right and justice. It has temporarily unsexed you.

“ There is another side of the question we must now consider ; your future health and prospects, for if this state of affairs continues it is not only the good wife’s future and health which will be wrecked but yours also.

“ You are thirty-eight years of age. You are just merging into the active period of life—physically and mentally. You fostered and developed your sex powers through seven years of correct marital habits. Sex cells in brain, spinal cord and the secondary sex organs, have been brought to complete development and accustomed to functionate. Do you know what it means to your health to suddenly change these conditions simply through over study and a distorted mental impression ? Do you think you can change from an active sexual life to that of the celibate—do this without adequate physiological reasons—and still keep your health ? ”

“ I never thought of it in that way, Doctor.”

“ Early decay of physical forces, a loosening of real masculine tone, a condition perhaps of extra mental output for ten years, then old age through disgusted and unfed tissues and organs—these are what you are facing.

“ No man can do his best when Nature has been so abused that she unsexes him fifteen years before his time—or better, twenty. Then where are you in this world? No one cares for the old man whose age is not in years. In the man who has lived according to God’s laws, age comes on gracefully, almost imperceptibly. It is tempered by leniency towards human frailty ; it is sweetened by the memories of the good in life, not soured by the evil. Such a wife as you have grows old by your side in the same calm and contented way, loved by her children and grandchildren and a living example of right marital living. She follows you to the unknown with a smile of gladness and absolute faith in her Creator.

“ Your duty, man, is plainer to see than the rings of Saturn. You must look through the telescope of life and see there the new stars shining brighter than any you have ever seen.

“ A divorce will wreck you physically and mentally in ten years. Keep on the way you have been going, and it will wreck your little wife in ten months.

“ In you exists a spiritual life. Years after you have put this pure woman aside, it will rise in you, surge through your whole existence and make you believe that hell is right here on this planet. I have seen this hell through the eyes of many. The truth, frankly shown and acted upon, would have shown a heaven also on this earth.

“ You may think this kind of advice is somewhat out of the way for a physician, but patients of your kind need more of it. It is just because illness or health, failure or success, have been put upon purely physical or commercial bases, that the false ideas of life prevail.

“ For instance, I do not mean to imply that your wife’s condition is to be changed for the better by mere gross physical acts on your part. That would disgust every pure-minded woman. Such physiological

functions are only the pleasurable climaxes of a wooing by a loving husband. A wife wants her husband at the table she has so interestedly prepared ; she likes to see her toilet and careful dressing, made for him alone, appreciated. To half woo her and leave her to want is physiologically very harmful. To neglect her entirely is cruel.

“ A wife wants her husband’s mental and moral society ; his home interest, not his professional or business personality.

“ A woman’s ardent nature grows with her years, becomes stronger with wooing and lasts up to old age. Some extremely happy wives are blushing brides to the day of their deaths. You, sir, have nearly killed your wife before she has reached full sexual life.

“ You are called generous, honest, upright, moral. So you are from this physical and commercial standard. From the spiritual, the real manhood, from that inner man, which is the real gift of God, you are beastly selfish, dishonourable, corrupt.

“ To understand your wife’s nature it is necessary for you to know a little about woman’s nature in general, otherwise you might receive the impression that your wife, as well as other women, suffers from nervous depression and irritation if she remains continent. That is, I am speaking of your wife as she would have been had she remained unmarried.

“ As a rule it is not true that women, young or old, are in any way affected or injured by chastity. The unawakened woman, the woman whose spinsterhood is lived free from erotic suggestion and companions, is very seldom aware of any sexual desire. I repeat this, for other ideas are abroad.

“ Unmarried, your wife would never have had active desire or emotions. She is that kind of pure woman which go to make up the majority in the world.

But having lived long enough as a married woman to have natural desires stimulated and brought to a high state of activity, and knowing she has the moral right to be satisfied, abstention will injure her. Again, there is that deep longing, which, in a healthy woman, can never be eradicated, the craving for motherhood, which is her right to have consummated. With a child to nourish and fondle, her affections will be somewhat transformed—this depends upon your future conduct.

“After this, if you so foolishly return to your morbid obsession that celibacy seems necessary for your success, then, I believe you can stay all night in your observatory without much injury to your wife’s health; though I warn you that respect and toleration will be your deserved lot. All this good woman’s nature will find an outlet in her child. There were good medical reasons why she had not conceived when you lived with her as a husband. These, as you know, or at least were told, have been corrected.”

There was a new look in the eyes of this young man. He went over to his wife and sweetly kissed her, then turned and shook my hand. He courteously offered to cloak the trembling woman as though to depart, when I halted him. Tears were dropping from the eyes of the little wife.

“A moment, please, Professor,” I asked. “I want you to do me a favour.”

“Anything; anything, Doctor!”

“I want you two to start on a new honeymoon. The holidays are soon here. Go at once and secure passage to the West Indies. There, where all Nature loves to show its power of reproduction; there, free from the old associations of your abstract work, among the fragrant fruits and blossoms, renew your love, your manhood. It will be the sweetest period of your lives; a rejuvenation of that ethical and right

spirit which tells us how to live in the sight of God."

And they did so. The little child has cured all his old obsession and cemented the loves of these two, who at one time stood upon the threshold of the divorce court.

THIRD CONSULTATION

ON KEEPING YOUR HEALTH

OF all the many injurious marital habits we are cursed with, interruption is the worst. The effect of this sudden and unnatural termination of a physiological function is so subtle and penetrating that its ultimate consequences extend to body, mind and morals. In plain words this injurious termination is nothing more than conjugal onanism. Whether conjugal or extra-marital the sin and evil and the punishing diseases which are certain to follow this sin and evil, are ineffaceable evidence of the curse which follows disobedience of the laws of God.

So much has been said and written about nervous breakdowns, neurasthenia, and allied troubles among British men and women, that the general public has come to believe we are living a life of over-excitement and excessive mental worry. While there is somewhat of a basis for this belief, the real cause lies deeper.

It is mostly due to injurious sexual habits among the married. We prate and argue about the "social evil," but in all truth we have a society flourishing in the midst of our ought-to-be better classes which is doing much to undermine the health of our men and women, destroy reverence and care for the powers of procreation, and set an example for our daughters and sons which will soon bring about a third sex—the neuter.

This state of affairs is not due so much to depravity or perversion as it is to ignorance of its baneful effects and ultimate consequences. Interruption before the sexual act has been completely consummated in a natural manner affects the health of the wife as well as that of the husband. More frequently it is the husband who is debilitated, oftentimes made a complete nervous wreck or else impotent, but never is the woman of a normal temperament free from the dangers ensuing from the practice of this form of onanism.

It is in the well-to-do, in the young married people, in the woman of fashion and those whose ethical and moral training has been misdirected, that the custom mostly prevails. I have known young women who went to the marriage bed with this custom advised and recommended to them by other women.

There are many injurious forms and customs of preventing conception, but, as we shall see later on, these result in some physical injuries to the wife—cancers, ulcers, lacerations, and similar conditions and diseases—leaving the husband disgusted and frequently sending him to other than his wife's bed. Such a man has the stigma of infidelity always attached to him, and silently he endures the half-injustice.

Interrupted sexual acts bring both man and woman to the lowest state of nervous and mental health. No nation can last whose social life is one of sensuality and sex perversion. History has shown us this fact. But, however much we may look back upon the times of Nero or Caligula or try to imagine the Eleusinian orgies, we should remember that such things as were done and said were at least open and public matters and as such could have been regulated, had a high moral standard been in existence. But what of the hidden and health-destroying conditions in our society to-day? Can we, as a nation, expect to grow to full maturity with strong and healthy citizens when the women compel vicious sexual practices for a selfish

motive only—the avoidance of children because they love an easy life and think that maternity will destroy their corseted shapes? And what is a prettier sight in the world than a plump mother with a plumper baby?

It is with a broken-down husband and his nervous and irritable wife we shall now talk. Interrupted intercourse has brought them to the brink of separation or divorce—two human wrecks. The land is actually honeycombed with their kind in all the stages of disintegration and they know not whither they are going. The physician does.

These two—husband and wife—who now come to this consultation, do so as a last resort. They have separately tried sanatoriums, have received treatment by their family physician, who gave it blindly because they never told him the truth, and found hospital care and rest of little avail. Neurasthenia, overwork, depletion of nervous force from social duties, and many other explanations, have been given as the cause of their troubles.

And why are they no better in health? Why are they going down day by day, irritable, despondent, almost hating each other, seeing life only as a huge, dank, gloomy cave where they must slowly and painfully exist? Did not all their treatment benefit them? Of course; the first time practically cured them. But as soon as they came together again—the same old injurious practice; the same harmful results.

And all this was because they never told the truth, and such matters have been a little too delicate for the average physician to meddle with. But the time has come when it is his bounden duty to ask and instruct in no mincing manner. Just see the harm that has come to these two foolish, ignorant persons! Almost everything, from bad inheritance to overwork, financial worry, social tasks, mismating, the wife claiming alcohol and tobacco the contributing

cause, the husband, the wife's nagging nature, having been given as the causes for the nervous wrecking of both.

In all truth, neither really knew the real cause. Well-bred, modest, carefully keeping the secrets of the bedchamber, the fact that in their wrong marital acts they were ruining their health had never forcibly occurred to them. We shall see, by questioning them both, how this attitude of ignorance was maintained :

" I have tried so many things and doctors," stated the pale, thin husband, " that it is useless to waste time, Doctor, unless there is some cure for me, and, of course, my wife is in a very irritable and nervous state. What can be done for my wife ? We are not living ; just putting up with each other. If I could only get back to my old business form. If I——"

" Yes ; don't go on with your many complaints ; you need to save your energy. The cure is that of all troubles where we know the cause is due to wrong habits and unnatural practices. You must live according to the laws of Nature. At your age, thirty-nine, you should be able to get back much of your loss of stamina. All the drugs in the Orient or medicines in the Occident will not cure you of dyspepsia and irritability. Those drugs you have already taken have injured you ; temporarily, I mean to say.

" Your inability to fasten your mind for any length of time, to fasten your thoughts, to concentrate upon the work in hand, is due to a well-known disturbance, which for want of a better name we will call sexual neurasthenia. This psychic trouble may come through excess or unnatural habits. Yet do not forget that thousands upon thousands in this country do not know that they are destroying health and happiness by these unnatural customs—for it has reached that point where it may be called a custom.

" Your despondency, worry over what are mere trifles, that inexpressible fear—fear of self—all those

many disagreeable symptoms of being unfit and useless, are the inevitable results of your habit of short-circuiting the sexual organism.

“ You fear impotence, and your fear is justified. You realise that there is a loss of virility, of force, of sex strength ; and there undoubtedly is. If you keep on, complete impotence and perhaps mental failure are certain to be the end. Your memory is failing and this brings on additional worry. Your sleep is disturbed by wakefulness and disagreeable dreams. Then those dull headaches, that heavy head, pain over the eyes, sometimes dizziness—these furnish their testimony to what you have been doing to undermine your health.

“ In fact, there is scarcely a symptom of some dreaded disease you cannot conjure up in your wobbling thoughts. At one time you thought you had bladder trouble on account of frequent pain and urination. There has been a tenderness in the lower intestinal tract, loss of appetite—well, in other words, you have gone to pieces.”

“ You’ve about hit it, Doctor. Sometimes I feel——”

“ Yes, no need to waste your energy in telling me. There is not one symptom missing from any of the diseases man knows but what you can describe as applying to your case, and you have not one—not yet. That cough ? Just another symptom of a relaxed and uncontrolled nervous organisation.”

“ But, Doctor,” interrupted the wife, “ he was told by a doctor there was a spinal trouble—he was treated for it.”

“ Yes, so I understand, but this man is not a regular physician. Oh, he is all right in certain cases where the diagnosis has been properly made. But did you tell him and the others you have been to see that you lived unnaturally ? ”

She shook her head.

“ Now, for heaven’s sake, how and why have you so wrongly lived ? ”

“ I did not know.”

“ And your husband made no objections ? ”

“ I did, decidedly, at first,” he put in ; “ she would not have children for the first few years.”

“ At first ; at the commencement of your marriage she would not have children ? ”

“ Well, she could never bring herself to that point. It was her way or nothing, she told me time after time.”

“ Now, madam ; the truth, the whole truth. I warn you I shall know it even should you dissemble. Why ? Why such an abnormal and unnatural idea of marriage relations ? ”

“ I did not mean to injure my husband—I only wanted to be free for a while.”

“ Free ? Free from motherhood, free from those joys and delights that are a part of every good woman’s life ? Oh ; it does not surprise me ; I have heard it too often. You married with this misinformation—this damnable teaching ? ”

“ I did—it was this way : I have a married friend. She told me it was the way other married women did. This was all I knew at the time.”

“ And your friend’s age ? ”

“ About thirty-eight.”

“ Yours ? ”

“ Twenty-nine.”

“ At what age did your friend marry ? ”

“ She was thirty-two and her husband forty-three.”

“ Do they live happily together ? ”

“ Well, you see, I believe they do not really live together.”

“ Not now ? Did they ever, after the first year or so ? ”

“ I don’t think so. You see, Mrs. —— is so much engaged with her social and other duties, that——”

“ Stop right there. It is an interesting phase, so interesting that should I go into it I would shock some really well-meaning women.

“ Now, in plain words, these friends of yours live separate lives ; each goes his or her own way ? Am I correct ? ”

“ I think so.”

“ I suppose you have heard that the husband of your friend, Mrs. ——, keeps a mistress.”

“ Oh yes, that is her constant complaint—why, she thinks of getting a divorce ! ”

“ HER complaint ? It is her fault. She is the immoral one ; not the husband. He will be, in fact is, spoken of as a ‘ bad man,’ as immoral, as one untrue to his wife. Granted all this, yet he keeps his mental and physical health. Now, he would have been a physical and mental wreck, perhaps been a dead man, and in addition would have been an immoral man, a sinner in the eyes of his Maker, had he acquiesced in her demands.

“ Solve this vital question for yourself. Think it over and if you get a right mental vision you will discover the immoral partner in this and thousands of other similar cases.

“ Let us get back to the laws of health for the married. This friend of yours does not keep her health, physical or moral. Because of her unnatural demands she is not a healthy woman, healthy-minded. She is not endowed with normal sex impulses, hence has no desires. The fact is self-evident. Had she practised what she taught—these kind of teachers should be set apart as a third sex—her husband would have been a wreck of a man. With her it was the vicious way or nothing—and she was satisfied with nothing. Had she been somewhat endowed with sex instincts she might have craved love, but her selfishness would have demanded no pregnancy. Then her injurious practice—had her husband been

weak enough to succumb—would have landed him in the sanatorium or hospital for mental invalids and your eyes would have been opened.

“ Had your friend been a normal woman she would not have given you this criminal advice. And do not forget this fact : there is nothing vicious or perverted women like so well as to bring other women down to their level.”

“ But I know, Doctor, of good, normal women who——”

“ Are not these women mothers ? Are not these women who have lived ten or more years as the married should and then resorted to injurious practices to keep from having other children ? ”

“ Yes.”

“ Just so, but here we have a different state of affairs. I do not mean to imply that they are doing right, that they can evade the certain injurious results, only that these are normal women who see no other way out of their predicament. They are ignorant of the harm to their husbands, for in these cases the man is the injured party ; little effect is to be seen in such women, because they have passed into middle life and their sex instincts and appetites have been, for many years, normally satisfied. These women, most of them, I can assure you, will cease any injurious practices when the harm is pointed out to them. They have not known ; there has been no way they could learn the physiological facts. Nevertheless they have helped to keep the divorce courts busy.

“ There are some women so physically and psychically endowed that these practices apparently do not injure them, and on account of a weak sex nature, are satisfied with these methods. But it does really injure them in a manner you cannot discover unless you get inside their characters. Then many of these kind of women do not marry until late in life, and this is a factor in preventing nervous injuries—but not moral.

By the time they marry what little sex passion they have has been turned into other channels, and their husbands' caresses are endured but not ardently desired.

"The principal excuse these women give is, that at their age the dangers of childbirth are too great to risk, and many other ostensible reasons are given. But the real, the fundamental reason is selfishness caused by lack of normal sex development.

"These are the women who send husbands to the asylums unless they escape this den through extra-marital relations. These are the vampires who teach the young married women of your kind. This, all this, is the cause for so much infidelity and divorce. Next to these comes the frigid woman. She comes next in doing harm because she is not so frequently found as the former wife.

"Shall a husband stay with his wife to be physically ruined, or shall he ostensibly, for obvious reasons, remain her husband and seek elsewhere to preserve his health, or shall he divorce her? This is another set of questions for you to ponder over and answer."

"But why can't he——"

"I know what you were going to ask. Why cannot a husband remain continent, suppress his desires, remain chaste?"

"Well, why cannot you summons a full, complete and ardent sex nature? Why can you not have an intense longing for children and strive in the natural way for them? Why can you not live with your husband in such a godly manner as to keep his health and your love? Answer these questions and I will then be able to answer yours. Then again, the subject of chastity and continence does not enter into our consultations. We are dealing with marriage relations and health of mind and body during these relations. I fear you have become contaminated by contact with those abominable creatures who believe in marriage

relations on a stone quarry basis—cold, sexless, and immovable.

“ But you are not entirely of that sort. Way down in you are the instincts of a good woman. They were distorted in early life, turned into sexless channels, and when marriage came to you, your mind was fully contaminated by an unsexed thing. I shall have a talk with these creatures later on—so we will drop the subject.

“ How do I know that at the botttom of your character there is full womanhood? Because the cursed habit you have accustomed yourself to has had its effect upon you. If there were not some of the woman in you, no effect would have been shown. This is a physiologic law. Back to first principles of Nature you must both go at once ; then, at your ages, I believe, health will return, then babies, and life in all its beauty and glory will be yours.

“ Before giving you explicit advice and instructions let us recapitulate the facts. Unnatural acts produce a disturbance in the course of the mechanism of excitation. This, in your case, has been, from the first, a cause for never knowing the true feeling of excitation. Then there is the injury to your moral and ethical ideas. It blunts those fine, delicate instincts or factors in conjugal love which should always be possessed by the perfectly-mated pair. The climax of embraces and that mutual shock of physical love is always wanting, and in its place a rude severing of mutuality. This severing will widen, its borders become ragged, harsh, and the end is mere physical, animal connection without sweet memories of full satisfaction remaining in old age or after the death of one of the loving partners.

“ Its effects on the body ? Instead of the natural reaction, restraint, and the mental pull of fear that excitement will cause you to lose control at the right moment, bring on an after-feeling of fatigue, produce

rapid heart action which, kept up, may result in heart or arterial disease. In the act of interruption, you are causing arbitrary and unphysiologic elements to enter where all should be untrammelled, free to functionate to fulfilment and terminate in a delightful state of body and mind.

“The bodily machine works systematically and under fixed laws. You cannot regulate it to work otherwise. When you try to do such a foolish thing, ill health obtrudes and your mistakes are in evidence.”

“But, Doctor, is it always the woman who is to blame in this unnaturalness?”

“No, although the man is exceptional who is so debased. There are, however, men who, past middle age and having gone the pace in the normal manner, take to wife a young girl. Through the low motive of money-love, selfishness, and want of full ethical instincts, such men demand the right of interrupted intercourse. Such evil and insulting partners deserve nothing but contempt from their young wives. If the woman is full blown in her sex powers, she soon becomes a nervous wreck. For the true, normal woman is a sex-strong creature—strong in love, hatred, devotion, sacrifice.

“Zorobabel was right in giving woman as stronger than man when the discussion before Darius took place, for she is the incarnation of the emotional and love’s passion. She is THE element in all life, and man sways and falls before her. A complete and good woman can be told by her eyes :

“ ‘ Eyes are homes of faithful prayers.’

“ ‘ Whose loves in higher loves endures.’

“Start such a woman in unnatural habits, permit the unfinished of love’s climax, and she will either become a nervous wreck—or what? Well, the

husband drove her to it. He first denied her nature, then insulted her, then starved her to desperation. Why should she not hate such a criminal, who misled her in her innocence and ignorance ?

“ Are there many such men ? Get the secrets of the divorce courts, or better, force the divorce courts to get the real secrets if we ever are to put our social disintegration on microscope tables where we can see all the basic causes and remedy them.

“ Why refuse a clear, frank study of all our marital troubles and perversions when we give millions for the intimate study of the bacilli of gross bodily diseases. Surely the study of moral diseases is of far more importance to the nation.

“ Mr.—, for the cure of physical and nervous health due to your injurious conduct, there is but one remedy—the return to, or in your case the adoption of, sane and right habits. But before you can risk any strain or draw upon your vitality—what little you have left—you must go away for three months’ rest—six months would be far better. Go on a sea voyage if you like the ocean ; go to the woods if you like shooting and fishing ; go anywhere you desire so long as you have rest and complete care from any business or home affairs, obtain nourishing food, twelve hours’ sleep daily and an afternoon’s doze, let up on smoking and liqueurs in any form, for alcohol will hasten on an approaching impotence quicker than anything else except abuse of Nature.

“ There are no ‘ ifs, buts, I can’t get away from the office ’ excuses allowed in this matter. It is the vital, the determining point of your whole life. Your brain and nervous system are wavering in the health balances ; just a little more strain and over they topple and you are beyond any aid outside the asylum.

“ Three months or more complete rest away from your wife will, at your age, save you. When you

return you must treat Nature with respect and according to her rights. But you must be very careful even then, in fact for the rest of your life, for there are some injuries which will remain, but not show except under abuse—even the slightest.

“ Now, Madam, you have heard the truth—the verdict. It will have to be as I advise if your husband is to keep his mental health. If you still retain your abnormal ideas after knowing the facts in the case, there is but one bit of advice to give—immediate separation.

“ But you are not an abnormal woman or meaningly one of those women who kill. You started wrong by being lied to and misinformed. Right knowledge will correct these errors and then will take place in you all those normal and pure attributes which are to be found in all good women.”

FOURTH CONSULTATION

EXCESSIVE INDULGENCE AND PERMISSIBLE INDULGENCE

I BELIEVE that every physician or psychologist who is studying and trying to remedy certain social evils by teaching right bodily living and moral health, should make some arrangements by which a happy, completely-mated married pair might enter his rooms for a sunshine chat, after his daily routine of consultations.

Man must have faith in something ; believe in the good in the world, but if he sees daily what false prudery and ignorance of self have brought to our classes and masses, he is a strong man who can see sunshine every day. To keep his mind sweet, to prevent the daily tales of wives and husbands from souring his mind, he must needs have the sight and hear the even tones of those who love through proper and healthful mating. And there have been millions of such happy matings, there are many now, very many, but there is not that married contentment from matin to evensong and from evensong to matin, which must be in order that others shall be.

Like the welcome rays of the morning sun after days of gloom, came Mr. and Mrs.— into my chambers. Oh ! it was good of them to come, for I was heartsick, soul-weary, from the tales I had been hearing all day. I had about concluded that the men and women who should be doing right things seemed to be trained and determined to do the wrong things. That

all babies were in the way of women's pleasures and pocket-books ; that husbands had become indifferent to ideas of fidelity or morality, and that all advice concerning anything aside from preventive measures and the way to avoid responsibilities was wasted.

But my pessimism was weakened and my natural optimism—my thorough belief that Nature will still rule after all—came to the front when I realised that all these social evils caused bodily illness and mental worries and in time good will spring from all this evil.

“ Are we disturbing you, Doctor ? We came just as soon as possible.”

“ You ; you disturbing me ? Yes, you are, delightfully so. I only wish I could have this kind of disturbance sandwiched in consultations, but you see, the happy, healthy man and wife keep away.”

“ And this means——? ” said the laughing wife.

“ That you are in good and perfect health—you know what I mean by this mode of expression.”

“ That remains to be seen, Doctor,” said the husband. “ We've come to see. Please don't frown ; it is nothing serious, but we want your advice—you know our history.”

“ Yes : married ten years ago—aged thirty-one and thirty-five. Just the right difference in years. Three healthy children. Have lived right from the start ; no disputes, no——”

“ Oh, yes, we dispute—sometimes,” added the pretty wife.

“ Certainly, love spats—every married couple need them—they are marital safety-valves.”

“ Doctor,” this came from the common-sense wife, “ we came to you for intimate advice. The matter is just this : my husband loves me too much for his own good. It is not well for him to love me so much. He is losing weight and energy. He says it is his business, but I have noticed little things that make

me believe he caresses me too often for his health's sake."

"What have you noticed?"

"Well, he does not sleep as well as he used to. In the morning he looks tired. He is irritable at times; so different from his own self. He only dabbles at his breakfast now instead of eating heartily and going off with a smile and the walk of a vigorous man. You have told us so many little facts that I have learned a lot; learned to see and observe for my husband's sake."

"Doctor," broke in the husband, "this is really what I want to know—what is a proper amount of indulgence and what is excessive? Those are the questions now puzzling me—puzzling both of us."

"Puzzling *you*? It puzzles the best of us to answer in general terms. It cannot be answered to cover men and women. It can only be answered for each individual pair, for the husband mostly, for he is the one injured by excessive drain on the nervous system. There are general rules which apply; rules which must be followed if man wishes to live to vigorous old age, but the individual has laws unto himself. When he knows the general laws and something about the physiologic disturbance for ill or good following right sexual living, he can govern his actions and control his forces.

"Any statements which contain rules for the number of times a week or month a husband can indulge without harm to himself, are unreliable and have no scientific foundation, for what is to one man harmless, may be for another, of the same age even, very injurious. Before I explain in general statements and explanations, let us take your case as typical of the normal husband and wife.

"Your wife is the kind of a woman all good men should have. She is possessed of sex instincts and passion. She is a loving mother and sees plainly

her double duty—that to her children and to her husband. She has the power through her love to restrain or give. She takes pleasure in either one of these psychical emotions.”

“ Yes, Doctor ; were it necessary for my husband’s health I could live a chaste life—if no harm comes to him from indulgence, I enjoy it.”

“ There speaks the woman ! You see what I mean ? Her love is so pure, so much a part of herself, that passion sinks beneath herself to give room for her desire for your health and happiness. But, also, it is ever ready to surge into action when no injury can come to you.

“ You do not know how you have brightened my day. No divorce courts, or any of the other evils we are cursed with, could exist were all men and women mated as you two are.

“ Mr. —, you are thirty-five years of age—you are at your height of sexual development and activity. You are probably stronger in this respect than when you married. But just here is the point : you have heavier business and family responsibilities. These call for a greater outlay of physical and nervous forces, and you must conserve these for this purpose throughout the rest of your life.

“ Now, when a man tells you that indulgence three times a week will not injure you—a man of thirty-five—he does not take into consideration the fact that such frequency robs you of the energy you need for more important purposes—that is, making all secure in the future for the welfare of your children and the little, noble wife and mother.”

“ He is not satisfied, Doctor, to control himself.”

“ He will be when he understands.”

“ I want to do what is best for my family—I came here to find out.”

“ There speaks the man ! Take a man of your age who has an income, nothing to do, lives, dines and wines

every day of the week, knows no responsibility and will have none—more's the pity—in fact a man who exists just as an animal, as far as the physical wants and appetite are concerned, and he will not be injured by the same amount of sexual indulgences as would injure you. Of course such a man is of little benefit to himself or the world. However, this is not the point ; I only state the case to show you there that is no set rule for excess or reasonable indulgence.

“ But even such a foolish man will use up his vigour too early in life ; he has no resisting influences, and everything worth while in this life is controlled by resisting influences ; otherwise our impulses and passions would run away with us.

“ The acceptance of family responsibilities, of business, professional, or other worldly responsibilities that culture and civilisation force on man, are the reins and curb bits for self-control. A life of excess in anything, ages and destroys manhood. Unless our care-free man transfers some of his energy to mental or physical efforts, he will be impotent, useless, years before his time. You should be a complete and vigorous man at sixty-five and over. It all depends upon yourself.

“ The power to procreate should remain active throughout a long life—it seldom does in the uninformed or unrestrained man. The extent of your business activity and success is determined by the amount of reserve sexual energy you transfer to it. Use this cumulative energy in too frequent sexual acts and you cannot have it as initiative for brilliant mental or physical work. There is always an excess, in the healthy man, of force. In the man who lives right, there is no waste of the principal. It is the acquired interest and not the principal he must use in marital relations.”

“ But how is a man to know his interest from his principal ? ”

“ I will explain, as far as such subjective details can

be explained. They are not difficult to comprehend if you grasp their full significance.

“ To follow the laws of physiology and nature the sexual act should be approached by absence of all artificial stimuli. By this I mean the desire should be an accumulative condition ; one coming on unconscious of outside, illegitimate, objective aids. Such harmful stimuli are, first : alcohol and the reading of erotic stories or tales. Then come all those numerous injurious means, such as suggestive plays, the habit of witnessing lewd performances, association with the sensual-minded and the viewing of pornographic pictures.

“ There is a group of cells in the lower brain which can be fed and stimulated to always call up desire. If these sex cells are overstimulated by wrong suggestion they become chronically inflamed—I am trying to explain in simple language—and baneful sensuality is the result. In cases of alcoholism or even steady tippling, this state is frequent, then arise those criminal and perverted sexual acts which are well known to physicians and the police. Certain drugs will have the same effect.

“ The man in full possession of his faculties does not allow this artificial overstimulation of these brain cells, for he knows that constant excitement and functioning of any one of his organs results in the early decay and uselessness of this organ—brain, stomach, or muscles.

“ When a man waits until the natural exciting stimulant of his primary sex centres—the brain and spinal cord cells—arouse him, he is in condition to utilise his accumulated interest. The excitement coming from the many artificial stimuli is not due to a physiological demand ; it is a false, injurious irritation of brain cells. This sends a false message to the secondary sex organs and the condition is a forced one—forced from brain excitement—which, occurring frequently, weakens the man and is one of the causes

of partial impotence. To act upon, to allow such injurious suggestions, is to waste your principal of energy and vigour.

“ Get deeper into these facts and you will read a powerful moral lesson. Sensuality is caused by a temporarily diseased state of the brain ; continue the causes and you will have a permanent disease of the brain for which there is no known cure. Everywhere you search Nature for her truths you will find beauty staring brilliantly at you. Everywhere you search for the causes of disease you will find them in an insult to Nature. Morals and health cannot be separated. A healthy-minded man has healthy morals. Smugness, prudery, arrogant refusal to understand sex life and its right principles, is not a state of mental health. For this reason we find more sex sin, perversion, and evil habits in the posing moralist than we do in the blunt, animal man ; more of disgusting denials in the artificially educated woman than in the everyday wife.

“ Man is the only animal that ruins his health and career by sexual excesses. He is the only animal which has not sense enough to know that the female never wants until she calls. Throughout all nature it is the female who is the active partner in initiating the desire. The male, decently passive until desired, becomes active and aggressive only when his mate woos.

“ It is the anti-nature attitude of civilised man that is at the foundation of so much disgust on the part of the woman. But she is partly to blame. The wrong conditions under which she has been so long placed are wholly at fault.

“ Woman to-day is so indelibly impressed with the false idea that to express desire, to woo, is unwomanly, that man has forgotten there are times to seek and times to avoid. Hence he consults only his feelings, and as a rule, wives are insulted instead of being pleased.

“ There would be no excess in married life, no repugnance, if the husband decently waited for the wife

to call and seek—such is the law of nature. By this law of reproduction come the children of love ; through abuse and ignorance of this law are born hated children, and pregnancy through force by the husband is the real cause of abortions in married women.

“ In every normal woman—I have to use this phrase frequently because there are many British women not sexually complete—there are periods of desire, fervent longings. These vary in frequency and length of time, but as a rule they precede or follow menstruation. To force or even request caresses outside of these periods of desire is nothing more or less than violation. You compel a woman who is passive and physically unwilling to give that which she has not at that time. In many sensitive women such actions soon destroy for ever the periods of desire ; then you have one of those thousands of unhappy marital relations which does not differ morally from a House of Bondage.

“ When a wife, from the commencement, shakes off her mail-coat of false prudery and does the wooing—calls to her mate at her time for calling—then should the husband greet her with fondness and full appreciation of her attitude. Any vulgar insinuations, any subjective suggestions or lack of full response, send that wife’s nature back to indifference.

“ If the husband has exhausted his vigour by previous assaults when she passively submitted, or if too free indulgence in alcohol or tobacco has weakened his activity or desire, then again enters one of those factors which aid in destroying felicitous sexual relations. Given a woman of weak moral stamina and strong passion, what is the result ? Well, we all know, but do all not know of the temptations, insults, and conditions which drove her to desperation.

“ There would be few sexual excesses, a great diminution in infidelity, and only occasionally divorces from adultery, if man and woman would accept the fact that

in sexual relations we are as other animals. Acting upon this law of nature, the husband would wait for his mate. The embraces would be mutual, the satisfaction as one flesh, the result a long life of health and happiness.

“ The exceptional absence for any length of time on the part of the husband does not endanger the morals or happiness of the wife or cause her to be nagged by physiologic desire. Love waits with passiveness ; Love is guarded by patience, and the purity and devotion of woman conquer all passion. But the man who marries with the knowledge that he will have to leave his wife for months at a time, and this fact comes to her after a few days of marital experience, is either cruel or stupid. Love has its limitations ; patience its age, only through wilful neglect or personal insult do these virtues rebel.

“ The secret of sex health and marital happiness lies in the woman wooing. The wife should signal, call, and desire. Until she does the husband must be sexually passive ; after, vigorous, active.

“ As to those conditions which show you—the husband—that you are using the principal instead of the interest, there are a few well-known symptoms. First is a feeling of weariness, of real physical exhaustion. It makes no difference whether or not you have been continent for some time ; the fact that there is this peculiar feeling of exhaustion with rapid heart beats, an indefinable impression of unsatisfied consummation and a wish to abstain for a while—a physical wish if I may so crudely put it, instead of a moral determination—are signs that your principal and not your interest have been drawn upon.

“ If you will look back upon one of those states of exhaustion you will discover that it was not a subconscious, a general accumulative desire which caused you to act ; but an outside suggestion, perhaps too much alcohol—not an alcoholic state—this kills desire

—or some erotic stuff you read. Anyway, it was, to put it non-technically, outside of you that the desire was aroused, not from the inside, the stimulation of natural force. If these conditions are followed up by dull pains in the back of the head, weak sight or the floating and flying of tiny spots before your eyes, look out ! It is the warning of sexual neurasthenia. This is curable at first, but allowed to continue and the cause kept up, there is little hope for a happy marital life.

“ The feeling of restful relaxation without physical signs of exhaustion should always follow. When conditions are just right—the nervous organisation stored with more power than is needed for the daily tasks of the man—there should be a complete content, as though some mild sedative had been taken, and undisturbed sleep should be the evidence of a state of health.

“ The sexual organism is the most powerful physiological motor explosion taking place in active life. Under certain conditions it is forcible and overwhelming. The nervous explosion has been compared to a passing attack of epilepsy in so far as the whole organisation is relieved of tension. But we must keep ever in mind that all these physiological processes have for their end or object the continuance of the species.

“ As the emotional excitement of indulgence brings tremendous blood pressure on the arteries and heart, care must be taken that it occurs only during the most favourable bodily conditions. No excitement of any kind should be allowed when the stomach is full and the work of the nervous system and blood vessels is directed towards digesting the food.

“ As a long rest should follow the explosion, the morning is NOT the time for any kind of sexual indulgence or thoughts. The night, three hours after meals, is the physiological time ; of course, assuming that it can be followed by at least eight hours of sleep.

“ Many men have been injured for life by emotional excitement and exertion when their blood pressure was high, heart thumping through engorgement of heavy dinners and overstimulated by wines. Apoplexy is the cause of deaths under these conditions. The newspapers do not mention the contributing causes of these sudden deaths, but as a rule the ‘ acute indigestion ’ from which these individuals suddenly die has been produced by attempt to have intercourse. These attacks occur mostly in men of about forty-five and over. Sometimes it happens to the newly-married, middle-aged man, who has taken a young woman to wife. From a physiologic point of view the marriage of a man of forty-five years to a young and ardent woman, is a dangerous step.

“ The average British man at this age has arteries whose elasticity is wanting, his heart is apt to be fatty, and, besides, he presumably has wasted more or less of his sex activities and he is not a fit man for the husband of a young woman. The strain on such a man is apt to be too great for his constitution, and if he is a man who amounts to anything he should be settled in his work, having left his bridegroom ardour far behind. But if such a man tries to be the young husband to his bride he suffers some physical injury, is soon a nuisance to his wife, and then enters another factor into our social unrest.

“ While it is true that some men have taken such care of themselves that they are still young in tissues and organs at forty-five or fifty years of age, yet they cannot ignore the fact that trying to be the young man again to a young woman will leave them at fifty-five far older in tissues than they would have been had they accepted the physiological fact that age cannot happily mate with youth.

“ We see too often May and December wed. January soon merges into the few days of February. At first the old man seems to be rejuvenated, but

prematurely old age follows, decrepit age, and the young woman is left either a widow, or what is far worse for her and society, a woman without a husband—just an annoying barrier to her future health and happiness.

“ I once heard an old physician state that every conjugal act after forty-five years of age led the man to a hospital for the insane. There is absolutely no truth in such a statement. It is a pity that some physicians have such poor memories of their youthful days.

“ Man varies so in his inheritance, habits, and methods of using his energies and mind, that no statements covering all sexual conditions can be of any value. There are men of fifty years of age whose physical conditions are a menace to life and health under the great physiological shock and explosion taking place in sexual intercourse. There are men of this age who are not injured by proper conjugal relations twice a week.

“ This brings us to a very important matter ; to a question that is put to every physician : ‘ What can I take to increase my sexual vigour ? ’

“ You know what I have to say about those quacks who prey upon these kind of questioners. I pointed out the chapters to you in my *Confidential Chats with Boys*, so we will ignore these quacks and beastly methods of swindling.

“ There is absolutely no drug, medicine, or treatment for real loss of sex vigour. There are several drugs which will temporarily cause excitement of brain centres, and send blood to the sex organ. But, and this is a very vital fact, they all do so at the expense of the general health and vitality of the man ; moreover, they are brain destroyers. Use any of these false stimulants and you will soon lose any chance of recovering the slightest power of procreation.

“ These old men in search of Ponce de Leon’s fountain of youth have drained the only real fountain—that bubbling vitality they started with. Drained to its

dregs, they try to overcome nature's law by searching for a new life—not a moral, intellectual life, which can readily be found, but the animal instincts which are for one purpose only—continuance of the species. But such is not their object—sensuality is their controlling motive ; good Mother Nature will not allow this trait to be transferred to children, so she strikes these men with the wand of impotence.

“ Man has but one source of vitality ; it is born in him. He can rob no other man of this vitality nor can he find it anywhere on this earth. The pitiable, foolish, whining old men who throw wastefully away what God gave in plenty, expect by money and search to recover what is never recovered.

“ I am speaking of the aged man no matter what his years may be ; for age is simply a question of abuse or care of the body.

“ If through excesses during the first years of happy marital relations the young husband becomes exhausted, or if through some illness or mental shock there is a loss of sex vigour, the case is entirely different. Nature frequently stops the activity of certain forces in order to give time for rest and recuperation. Nature only punishes sin and insults in those old and experienced enough to realise their wrongdoing. Like our man made laws, she takes into consideration motives, the ability to understand the crime, and the thoughtlessness of youth. The young husband is carried away by volatile youth, by novelty, by an overplus of energy. He does not know, so Nature steps in and warns him.

“ For such men there is the remedy of rest, abstention from attempt, the ocean air, food—sea food is the best—the cleansing of the bowels for weeks, the application of his mind upon his work or avocation. This latter item is the greatest of all in the cure of premature sexual debility.

“ When a sexually-exhausted young man accepts

his lesson and thereafter abides by its teaching, he renews his youth and keeps it.

“ Mr.—, let your wife be the manager in this matter, as all proper wives should be. As an aid to control yourself, sleep in separate beds. Don't tipple ; better still, drop even beer. Cut down your use of tobacco, for nicotine will tell on your sex activity as you get older. Go on frequent holidays to the ocean or on short sea voyages. Of course take your wife along—those are the times you need her.

“ As your years increase your energies should be applied to your life's work. At forty-five you should be in as good condition as you are now, but as the years go on you must adapt your pleasures to them and thus keep your vitality to a good old age.

“ Oh yes, you can. Your wife's wooing will be in accordance with physiologic laws, and these are all you need to obey to live mentally and physically a long life of health.

“ Work is what counts and balances the human machine from your age to the end. The procreative instincts should be now only a passing phase of your life. I mean that there are other things to think of as you go along. There will come to you higher, nobler aspirations as you proceed in your upward way. You will see far beyond what life has yet shown. Then there are the children to ever consider. For their sake you must bring new ideas of life to the home, for of what use is the begetting of children if we cannot so improve our minds and opportunities as to pass the results on to our own flesh and blood ? By such work does the world move toward better things and motives.'

FIFTH CONSULTATION

SOME OF THE CAUSES FOR MARITAL MISERY.

IF those who are striving to get at the causes for the increasing marital unrest, drug habits, alcoholism, and insanity among married women would put aside every molecule of immodest modesty and listen to those whose knowledge and experience give them understanding, we would have public schools which considered the making of women for future mothers their first and constant care.

The decline of the birth-rate is not due to selfishness of the wealthy classes alone, but to the physical inability of the wives of the masses of Britishers to withstand the strain of motherhood. This is not an inherent inability, but a condition which can be readily remedied by a change in our education of girls.

It is useless to get youths together and try to instil ideas of decent sex living and what fidelity means in man as husband, when these youths later on marry only to find that their young wives are physically unfit for marital relations ; that every thought of child-bearing brings on an attack of hysteria or vehement protests.

Every physician knows of these numerous cases—to the specialist they are of everyday occurrence.

If it takes 6,000 new and young prostitutes to supply the demand each year in New York City, what must be the demand throughout the country? It is not a pleasant subject to turn up for examination and it is still more objectionable to have to state that physically

unfit wives are one of the great causes for this enormous army of mistresses and prostitutes.

Don't be startled or angry at this statement, for I do not impute immorality, want of ethical feeling, or even wifely hatred to this large number of really suffering women ; I mean to state that just unbearable pain, physical misery and nervous instability, all of which, of course, bring out unconsidered words and acts, are some of the causes.

It is a fact that six—some eminent authorities state seven—out of every ten American-born girls who have attended the mixed schools and marry after the age of twenty-three years, are physically unfit for marriage.

Why do I put a fixed age to this condition of the marrying young woman ? Because, as we shall see, at that age and beyond, the distortions of the womb and inflammations of the surrounding parts which commenced through ignorance, abuse, and neglect at the age of puberty, have by this time become extensive and chronic.

Curable ? Yes, but here enters another factor into the unpleasant marriage relations. The husband has to send his bride to a physician who informs him that it will take some time—weeks or months—to effect a lasting cure. Frequently the husband is told that matters have gone so far that it would be unsafe to allow his wife to become pregnant for several years—perhaps never. Under these restrictions, what is a young and ardent husband to do ? Many times the wife refuses his embraces because she fears a pregnancy. The conditions are intolerable to the average man ; the wife finally insists or else becomes frigid and then home is spelled, Hell ! Yet moralists continue preaching conjugal fidelity ! Throughout the land comes the demand for relief. The demand exists in two distinct and vociferous classes of wives. One comprises those who can no longer bear up against their real physical misery, yet strive to do what is right. When this

condition reaches a critical stage they prefer to leave this world rather than suffer what they fear in childbirth. The other class, wives who are mothers but know that any further strain on their vitality will leave their little ones motherless, are pitiable women whose dilemmas need careful thought and consideration.

There is a smaller class of incomplete, selfish women who determine, before marriage, never to bear children. Another class of married women contains those whose health or inheritance makes it advisable they should not bring weaklings into the world. For the former anti-social females there is nothing but contempt ; for the latter, tender regard, sympathy, and the holding out the hand of help until civilised laws are made preventing such marriages.

What are some of the causes which make so many British girls physically unfit to keep their husbands to themselves ?

As we are not dealing with medical subjects which can be explained by your physician or learned from the books, but with those vital matters which have heretofore only been hinted at or ignored, I shall give merely a cursory outline of the conditions which have made the marriage bed an instrument of torture to thousands of wives and brought about an increased demand for opportunities for extra-marital relations.

We must take man as he is. We cannot, in a few decades, change what æons of evolution have brought about and have instilled into man's nature. We have to rectify the wrong conditions which encompass man, then lead up to the moral and ethical standards we desire. Give a man normal and healthful marriage relations and he will live happily and morally in such relations.

The cause of these unhappy and immoral marriage conditions lies in neglect of the frank acknowledgment that the girl of twelve years of age—and in certain cases much earlier—needs attention and instruction in

sex development and hygiene. She no longer has the restraining influences and home care her grandmothers had. She is awakened to sex emotions long before her mind has been drilled to control and understand fully what these emotions mean to her future. She is allowed to run around loose, careless of associations, and absorb social ambitions at a period when she should be quietly resting at home. No attention is paid to her sex functions, and it is not unusual to find menstruating girls at fourteen years of age dancing at school entertainments until midnight, attending theatres and other places where nervous excitement and sex emotions are devouring her struggling vitality.

If she attends the public schools, her eyes, lungs, skin, teeth, muscles, are given casual attention, but whether or not her neglect and injurious practices have brought on a twisted womb; caused functional disturbances—very common complaints in young girls to-day—or whether there is a chronic inflammation of the sex organs, are conditions neglected and unmentioned. If she comes to her husband in any one of these states, she is put aside. This is a more frequent cause for being deserted than the general public realises.

The British schoolgirl has never been told in such plain words that they make deep impressions, that any carelessness or neglect during her monthly flow, or the slightest attempt to hasten or retard this function, brings on conditions which will make her unfit to be a happy wife. She is not told that these inflamed states will make a happy marriage impossible. No, indeed! Mothers, and especially teachers, through their silence and denials give the girl the idea that sexual matters in marriage are not to be seriously taken into consideration. The least they ever do in the matter is to impress that all details relating to sexual life and organs must be left until AFTER marriage. And here lies the real cause for much of the present marital unrest.

Perhaps two or three cases out of hundreds actually

occurring in my professional experience will tell you the facts better than general explanations. And remember that these cases represent the condition of thousands of public school girls whether still in school, out in the world trying to earn an honest living, or married.

It is because we want to get at the cause for so much misery in present marriage relations that we must realise the physiological and physical unfitness in a large class of young women. If these deplorable and disintegrating conditions were not remediable and a normal state of affairs possible to bring about, it would not be necessary or advisable to mention them. No man has a right to tear up or expose evils unless, in doing so, he can point out the remedy and thereby aid in the moral and physical progress of mankind.

“It is not right, Mrs.—. Here you are, a young wife, married two years, had two miscarriages and now insist upon being free from your husband.”

“Do you blame me, Doctor? I cannot make my husband understand. Won’t you tell him I must never, never, get into the family way again?”

“Not exactly that, Mrs.—. Your physician writes me that you have a womb trouble dating back to your schooldays. He informs me it requires a surgical operation. He thinks you can be made a well woman if you will have patience and be properly treated.”

“Doctor,” said the husband, “is it certain that the operation and treatment will make my wife able to live with me and have children? I want to know the facts: the truth. I am willing to spend all I have to make her a well woman and a real wife; but I must have some assurance that she will be a changed woman after the treatment.”

“No reputable physician or surgeon can or will give you a guarantee. The operation and after treatment advisable in this case are generally successful.

If it were only the treatment we were asked to guarantee it would be a simple matter. But you see it is the individual—the woman—who enters as a deciding factor, and who can say what her feelings or attitude will be after she leaves the doctor's hands? It may be that her sufferings and neglect of her sex organs have affected the seat of emotions and instincts; that these will not return to a normal state; for remember that the abuse and neglect of the sex organs in her case commenced before the higher centres in the brain controlling the sex emotions and passions had reached full development."

"That is just what I am trying to learn, Doctor. Will the treatment awaken my wife? She hates to have me come near her. Matters have reached a critical point with me. If she cannot, if it is not in her to be as other women, we shall have to separate. Neither of us can any longer put up with our mutual disgust."

"No; that is not it, Doctor," interrupted the wife. 'I think a great deal of my husband. I don't wish a separation or divorce if he will let me alone; sleep in his own room and act like a brother.'

I saw she was psychically unsexed and meant all she said. I had studied her history and she quieted down under cross-questioning and after explaining her lack of all feeling.

Briefly this was the cause of her unfortunate state of mind and body: She entered the high school at fourteen years of age. She had commenced to menstruate the year before and merged into this epoch of womanhood without the least instruction about the care of self. This is an old, old story to the doctor!

She, at once, entered into the social activities of the school and became prominent in athletics and dances without paying the slightest attention to nature's demands for rest. When she found she was menstruating too much for her to go to a dance, she would plunge her feet and hands into ice water in order to

stop it. She was entered to compete in gymnasium sports and the day before this public exhibition her period came on—of course by this time they were irregular. She would not, or thought she could not, refuse to take her part, for several reasons—the instructor was a man ; then she feared the grins and insinuations of the boys if she remained quiet. But the fundamental reason was that lack of knowledge which would have made her take care of her womanly powers and functions.

For several years this kind of criminal abuse of herself continued, and she came to her husband with a badly twisted womb and other troubles. These diseased states naturally affected her psychic and nervous system, so she married totally devoid of any sex emotions or feelings. Add this negative condition to the anatomical, and you will readily see that ethical, moral, and physiological attributes of a complete woman were absent in her make-up. She wanted a husband who would give her rooms, board, clothes, and the liberty that the title “ Mrs.” attached to her name permits. Her husband’s methods of living were nothing to her.

“ Oh ! ” you will exclaim ; “ she was not a woman ; not a real woman.”

Quite right ; but the point is that the schools and mothers are turning out these distorted girls ; and men do not learn the facts in time to prevent going to the divorce courts. Many married people hide these conditions and double lives of husbands are the outcome.

Under such health and moral-breaking existences, what is the remedy ? Of course, first try to put the wife in a healthy physical state. The husband’s duty is plain, and if he is a man he will cheerfully remain chaste and devoted while the wife is doing her part trying to be made into a normal woman. This can frequently be accomplished ; then the question of preventives is easily answered. *They should not be used !* There is your answer. Motherhood in these

cured cases brings a stronger sex feeling, proper emotions, and that innate womanly attitude toward life and her Creator so wonderful in the complete mother and wife.

The question of limiting the number of children in a family cannot be settled offhand. It is a subject which has caused more deep and conscientious thinking on the part of physicians, sociologists, and economists than any other branch of social medicine. It cannot be denied by any well-informed and reasonable man or woman, that there should be an open attitude in this matter. There are cases which call for all the aid and human sympathy a physician can render ; cases in which to refuse is to demonstrate moral cowardice or arrogant bigotry. I have no set scruples, no narrow-minded professional bias in this matter of limiting the number of children in a family. To me the physician's duty is plain and should be conscientiously performed.

It is—as everything in medical practice is—just a matter of each case having its own law and justifiable reason for certain procedures. That is, we must be governed by the conditions surrounding the family and do what is best for that family and the nation.

Let us first establish a standard of conduct for physician, man, and wife to rightly uphold. By doing this we shall avoid any confusion or misunderstanding. First : the interruption of pregnancy at ANY period of its development—two weeks or two months—is morally a crime. We are not considering here the laws made by man. No reputable physician or Christian woman would allow such a criminal act. This latter statement may sound somewhat puritanical, for it is too well known that wives do have such things done or learn to do them through the evil instruction of others. I make the statement “ no Christian wives,” as applied to the good women of the land. With the vices and habits of those outside the family circles we

have here nothing to do. Neither am I dealing with those cases due to illness, deformities, and other strictly medical cases which call for interference.

That some good Christian women become desperate and lose all sense for the time being of what is morally right, is true ; but we must always take into consideration that physical agony and a mother's fear that another child will live to suffer or be denied the comforts she knows it should have, are the reasons her better nature is driven into oblivion.

Let us take up a concrete case—or cases—to get a clear view of this delicate and somewhat perplexing question ; for it is a question that will call up the subject of the increase of population ; and the difficulties of education and support for the children which reach the best of homes.

Then there are the factors of having healthy and normal children born ; of keeping out the diseased, incompetent, and those who will only be a burden to themselves and the nation.

It is a fearful problem !

There comes to the physician a good man and his wife who are the parents of three healthy children. The man is a salaried worker, whose pay is sufficient to give his family education and comforts. By reasonable economy he can keep up his home, lay something by for the future, and see a bright outlook ahead. But his wife is now at an age when she needs surcease from further child-bearing ; his income will not stand the drain which would come from having to rear and educate another child. Both husband and wife love children and are devoted to the three who make the house one of light and joy. Nevertheless, the man and his wife should have during the balance of their lives closer mental associations, a renewing of the honeymoon days, and little journeys together. A good mother of three children has, perforce, been obliged to give most of her time to the nursery and her energies

have been diverted from her wifely duties. She needs relief, joy in dressing for her husband, new clothes for his sake, and a general renewing of life. Such a woman has nobly done her duty to God and the nation ; she should have her pay in happy days the rest of her life.

There are other reasons which make it advisable to prevent the coming of another child—the age of the parents. This husband is forty-six, the wife eight years his junior. While the man is probably in full possession of sex vigour, yet it is doubtful if his reproductive cells contain that force and vigour every child should inherit. The ages of both parents have passed the period of strong reproductive elements. Is it not more of a moral crime to bring weaklings into the world than to take such harmless measures as will prevent the birth of unstables ? I think so.

We are in essential factors the image of what our parents were when we were created. That is, given parents whose reproductive germs are on the decline and the result of these germs, ultimate development into human beings, is one of the problems to-day.

The constitution of the parents determines the constitution of the child.

“ Now, Doctor,” asked the husband, “ what can my wife do to prevent another pregnancy ? ”

“ Your wife should do nothing.”

“ But if my wife can do nothing, how are we to live happily and unworried, yet save her from further child-bearing ? ”

“ Listen carefully to what I have to say and please do not interrupt my little lecture :

“ A man of your age has reached the height of reproductive power and never again will have that potential energy to transfer to a child. Hence, any future child of yours will lack some essential of constitutional balance. Under these circumstances you should not again be a father. You have

two boys and a girl who will need all your energies in seeing them fixed or started on life's roaring highways.

"Let me first impress upon you the fact that you cannot circumvent the laws of Nature without suffering some kind of punishment. That is, all the methods and advice commonly given are injurious to both wife and husband—don't forget this fact.

"As affairs are in this country the only advice I am legally permitted to give you is to tell you to consult a reputable physician. A man who has reached fifty years of age and is the father of three or more children should be aided by the State in such a manner that he can still live in complete harmony with his wife and yet not be the father of any more children. There is an economic side to these questions to which our laws are blind. Every possible chance should be given those in the prime of life to be the parents of children endowed with good constitutions, and also those of an age who are likely to pass on a weak or aged plasm should be put in such a condition as to prevent the nation being burdened by weaklings.

"I should like to give you this advice. Such would be for your own good, the health of the wife and a benefit to the nation, for we do not want many children born of parents who have passed the prime of life.

"You, and all men who realise the social conditions and economic necessity which in special cases call for some methods of regulating the size of a family, should take such active interest in affairs as will cause a strengthening of certain laws and the wiping out of many antiquated restrictions placed upon physicians who could, if permitted, solve many domestic and social problems.

"We are loosening our old social cogs and at last bringing clear thought and vision to the necessity of

guarding the community through proper marriage relations. The old individualistic views, regarding marriage mainly or exclusively as an affair of the individual and its consequences of no import to the race or nation, are now seen to have been false and injurious.

“ In marriage relations it is the race through the resultant children which must now be consistently considered. Hence the parents, especially the heretofore negligent father, will have to realise his moral responsibility to the family as a unit and indirectly to the community as a whole.

“ One of these great responsibilities is to see that you do not aid in bringing on to this earth any more children than you can give the best that is in you, character and health.

“ We can no longer adhere to the one-sided and dogmatic individualistic idea that man, as husband and father, has no responsibilities outside of his immediate family. Such an attitude injures the individual himself, narrows his views of life, makes him an unconscious enemy of society. All laws which prevent the scientist from giving the public information which will guide it in right marital living are laws antagonistic to the welfare of the nation.

“ What is needed—what I believe is fast coming—is an awakening and strengthening of the sense of solidarity and responsibility in every one of us. I do not mean that there should be any objectionable restriction in personal liberty of action except so far as affects the welfare of the entire community.

“ We want to obtain the best possible conditions for every person, especially the children who are now with us and those to come—no matter whether these conditions relate to the community as a whole or to its individual parts.

“ I can only give you some general advice. That is to physically and mentally so labour that your forces

will be directed in other channels than mere desire. At your age there should not be much difficulty in doing all this. Denial of our impulses at fifty years of age should make for a long life and a useful one. Of course I do not mean absolute continence. It is not probable that at your wife's age another child will come. Possible—yes.

“ I have seen many fathers whose whole views of life have changed for the better when they took hold of their children's interest and devoted time and thought to these children. The full realisation of the duties owed to the children suppressed other factors and brought out the real man. The fulfilling of these duties will go far to give you peace of mind and body.

“ If your children are properly instructed at home, by yourself, when they reach full life, many of the problems that are so troublesome to you and me will be easier for them.

“ Sex ethics and religious ethics are indissoluble. They can be taught together—in fact must be taught together. In so doing you reveal your true religious feelings to the boy and at the same time give him, through proper methods, the information concerning life he so eagerly craves.

“ One may have a mass of information about God, perhaps carry a whole system of church doctrines about in his head, and yet be an entirely irreligious person, and remain so as long as those ideas are merely a matter of knowledge, and find no echo in will, so long as they do not release religious feeling. Now what the father needs to do is to release religious feelings in his own way, so that they will penetrate the family circle. This will bring about a condition in your heart which will help solve the question of another child.

“ By releasing this inner religious feeling you give evidence to your children that not only do you know

about God, but that you are moved by this feeling in heart instead of head.

“ Too many fathers have religious feeling in their heads but never let it flow from their hearts to their children, hence the present-day ideas of most boys that their fathers scoff at real religion.”

SIXTH CONSULTATION

THE DANGERS OF ALCOHOLIC PARENTS

A MUCH perturbed man and wife came for advice upon a too frequent state of affairs for the good of the race.

“ I fear to have another child, Doctor, for a very good reason. My husband is too often under the influence of liquor. He does not get drunk, understand, is not disagreeable, and perhaps not more of a drinker than the average man of his stamp. He is a good husband to me, but he is a daily tippler, and I think he is not in just the physical condition to be the father of another child. What can be done in such a case as ours ? ”

“ How old is your child ? ”

“ Nearly two years—Doctor, help us, won't you ? ”

I remained silent for a while thinking over this woman's worry and appeal. She was a young woman, in love with her husband, whose only fault was that his habits and business brought him in daily contact with men who had to be socially entertained in order to get their trade. It was not a question of correcting his habits, but the immediate one of keeping man and wife together, yet not allowing a baby to come on this earth handicapped by a constitution weakened by the alcoholic germ plasm of the father.

“ He is willing to take advice or treatment, Doctor,” said the wife as she noticed my abstraction, “ for the habit ; but I tell him that until he is free from liquor,

has had none in his system for six months, he must leave me alone. He does not think that I am right or that it would be hard for me to refuse him ; but a mother has feelings and fearful dreads that a man does not know anything about."

" My wife is afraid that her next baby will grow to be a drunkard—is there any truth in this ? " asked the husband.

" No——"

" There, my dear, I told you so—you insisted——"

" Just a few moments, sir : If your wife should conceive by you in your present state—oh ; I know you are sober just now, in fact, with the exception of this very important matter, you should not be called anything but a sober man. Nevertheless, your tissues are affected by constant tippling. The chances are that the child of such a father would be affected in some insidious way.

" It is not true that such a child will turn out to be a drunkard ; physical weakness, mental or moral instability—the kind that end in drug habits, or, under the stress of ordinary want, become criminals—are conditions you may expect.

" You see, the child of a parent whose reproductive germ cells have been weakened by excesses or poisons, does inherit the *effects* of these excesses and poisons, but not the exact form of these evils as they existed in the parent or parents. So it is true that while drunkenness, or any particular harmful habit, is not inherited, what is far worse, the child inherits a weakness of some kind—mental or physical—due to the parental poisons.

" The injuring elements in these criminal conceptions is mostly due to the fact that the husband is abnormally excited by the alcohol in his system. It is far better from the economic side, not to mention the child's welfare, that the husband becomes so saturated with an overplus of alcohol that stupor and inability take

the place of excitation following partial intoxication."

"Then my wife is right in refusing my caresses?"

"Absolutely, from a medical and ethical point of view. Legally, just where she would be supported, at what point in your condition—one glass of whisky and legally sober—is a question. To the medical man, however, the question is a simple one. If a man has been absorbing alcohol daily for weeks, just enough to keep him physiologically drunk but legally sober; stops for a few days, then permits his wife to conceive; he is sending out into the world a child who is certain in later life to demonstrate some effects of the alcoholic condition of his parent. Now, on the other hand, if a man has been a temperate man, not a total abstainer, and after two or three drinks permits his wife to conceive, the presumable child of this conception will probably not show any evil effects. The father's germ plasm under these conditions was not alcoholically affected. But even so, it is a tremendous risk to run, as the penetrating point is not known and varies much in different individuals. There is only one safe course—absolute sobriety for weeks before intercourse. For the tippler, fatherhood should be forbidden.

"You are, and have been for some time, physiologically drunk. You have attended to your business, have been seen daily at your vocational and social duties, but for many months, day in and day out, have taken into your system alcohol, alcohol in some form. It has had an accumulative effect, reached the germ plasm, and your wife has done what the law will have to do, prevent children being born of such a father. There is so much in this question of inheriting morbid predispositions that we cannot go into the matter except in a general way. I have in another place* explained the curse of inheritance in certain diseases, especially venereal. The fact that a child may entirely escape the evils inherent in alcoholic parents does not mean

* See "Plain Facts on Sex Hygiene."

that these evils will not be carried over to another generation—your grandchildren, for instance, one or all of whom may develop liver or lung disease, kidney trouble such as diabetes in some of its forms, or perhaps a moral disease.

“ A man of your stamp needs to deeply realise that he has responsibilities far beyond those of everyday existence. He must get under the surface of things he sees around him and recognise that only by doing his share and duty to his Creator and to his fellow-men, can he leave the world with credit to himself.

“ The average man does not think of all this ; if he did he would never allow himself to be the father of any child except when he was morally and physiologically fit to give the world a man or woman better capable of improving the world, of raising, however little, the standard of progress in all earthly matters.

“ No matter if the progress of the world seems to be based upon materialistic ideas ; the fact that it is motivated by those in complete possession of self-control and bodily health is sufficient to assure a higher state of civilisation. Good intentions are valueless unless backed by sound mental and bodily health.

“ There is but one thing for you to do now and for the rest of your life—abstain entirely from alcohol or drugs. I am not making this emphatic statement for your sake, I do not intend to be so academic or arrogant as to tell a man what his conduct should be, but to tell him what he should not pass on to others ; the helpless ones—the effects of his conduct.

“ The matter is too plainly written in our hospital records, on the books of the asylums for the imbeciles, the sanatoria for the nervous and tuberculous, the mortuaries, the divorce courts, to leave any loopholes for exceptions or latitude for sexual conduct.

“ Your wife is right in this matter ; good women and mothers are always right, and it has been solely due to their surrounding conditions, false conventions,

and the too long dominating influence of unthinking and coarser-fibred men, that women have brought forth so many unfit children. If women were let alone to choose their husbands as well as the time for conception, and demand, from their husbands, nothing but a state free from artificial excitement, long ago would have disappeared many of the social problems so increasingly saddening and perplexing.

“ Six months’ total abstinence from alcohol ; six months’ chastity is plainly your duty ; and commence this reasonable life now.”

“ Why, Doctor, are you not asking too much ? ”

“ Not a bit of it. I am not asking for your sake, I am pleading and demanding that any little one born of you both shall have the right to come on this earth in full possession of mental and physical health. I am trying in my humble way to say : ‘ Suffer little children to come unto ’ us, and asking you, as a man, to see that suffering little children do not come to you and your good wife—and to the rest of mankind.

“ If a man like you, who, at the bottom of his heart means and wants to do what is right, looks into the matter, he will gleefully go about it in the right manner. What, may I ask you, is the self-denial of a merely sensual desire compared with the joy of seeing a happy little child sent you by God, through loving sexual desire ? Can you think of a more stinging brand marking your selfishness and sensual impulse, than a suffering child born of artificial excitement and the unwillingness of its mother ? ”

“ But, Doctor, are there not methods——? ”

“ I expected this, and tell you plainly that there are no methods a man or woman can take which will not bring them awful punishments.

“ If a wife resorts to any mechanical or drug methods of preventing conception, she should be put aside. Any young woman so devoid of maternal instincts, so lacking in ethical and moral stamina, is not fit to

bring children into the world at any time of her life. The excuse these wives make is that they want to wait until the husband has a larger income ; many declare their utter selfishness by saying that they must have leisure for a good time before being tied down to the nursery. Unnatural, selfish women, they find out too late the curse which follows them to the grave.

“ There are legitimate reasons why child-bearing must be avoided in certain women. These reasons are founded upon some pathological causes, such as transmissible disease, anatomical defects, or mental weakness. The control of all such cases belongs entirely to medical men—and let us hope that in the future it will be State control—and not for man or wife to govern.

“ All conscientious medical men concur in the statement that methods of preventing conception ultimately end in irreparable injury to the woman. This injury may be physical, mental, or moral. Generally all three factors enter into the final overthrow of womanhood.

“ I have in mind a very good example of this truth—one of many examples. This young woman had had every advantage that family, wealth and travel could confer. There is always a doubt in my mind if this sort of freedom in certain girls is not their undoing, for it makes them selfish, develops a constant desire for relief from care and responsibilities, and submerges the maternal spirit. These are the young women who are willing to marry if they may be allowed to be free to come and go at will from house to hotel, from country to country, from ball-room to opera, and certain of no little babies to call them back to ‘that horrid nursery.’ ”

“ This particular girl I have in mind had for her slogan : ‘ Freedom to allow my ambition and ideals full sway.’ She married a man of weak character, as a man of strong and determined character would have controlled her, and to be controlled by any but her own ideas was not her purpose. She was negative

concerning children at the time of her marriage, admitted she would not be bothered with them until she was ready 'to be tied down.'

"She was twenty-six years of age when she married. At thirty she became sallow and thin; at thirty-two, 'nervous attacks' became frequent, and then followed treatment at sanatorium after sanatorium from the Pacific to the Atlantic. Finally a very distressing disease of the nervous system became chronic, and she died at forty, after existing a short life of misery, shame and moral obfuscation.

"Her punishment was terrible, for there came a longing for children after five years of insult to her Creator. The craving for motherhood had come too late. All possible means were taken to bring her sex organs back to a state of reproductive health, but so great had been the injury inflicted by her immoral and indecent acts that there was no remedy.

"Of what avail were her 'education,' her superficial training in physiology, her literary ambition, her freedom from wifely trammels? Not only was a potentially perfect woman ruined and killed before her time of usefulness had gone, but she taught others, in her early life, to go her way of 'freedom'! Surely the harlot, jealous of the virgin whom she strives to bring to her sewer level, does no more injury than these women deviates.

"Public abhorrence of these women, the subjective placing of the brand of parasitism upon their cloaks, is the one remedy for the increase of infanticide—for it is really murder in the sight of God, if it is not in the eyes of the law. The scarlet woman is an angel compared with these black-cloaked females.

"It should be made possible for every husband to divorce a wife who not only commits moral murder but, at the same time, fastens upon him the disgrace and expense of supporting a woman who slowly commits self-destruction—moral and physical."

SEVENTH CONSULTATION

PRE-NATAL INFLUENCES

WHAT ENVIRONMENTS AND MENTAL ATTITUDES CAN DO TO THE UNBORN CHILD

“ By pre-natal influences we mean those conditions surrounding the expectant mother during pregnancy. These are more than the ordinary outside conditions of domestic life, food, exercise and companionship. They are those many little mental attitudes, thoughts, self-control, and that full realisation of the great responsibility which no mother can escape from, whatever her position.

“ The most important fact for you to remember is that for centuries certain superstitions belonging to the eras of ignorance have remained with us—that is, in many quarters and families.

“ While advanced medical science has thrown out all superstitions and charms, and love potions have gone the way of witches and much other nonsense, yet there still remains one branch of the old superstitions ; viz., the belief that the seeing of freaks, being frightened by some little animal, or the witnessing of an accident will affect the PHYSICAL development of the unborn child.

“ There have been many wrong ideas and statements on the influence on the unborn child of PHYSICAL sights and mental shocks received by the expectant

mother. The idea is general that these shocks produce some analogous effects upon the unborn child.

“ Some time ago one of the leading novelists—a woman—wrote a powerful story in which the whole plot rested upon a wife seeing her husband brought home from the hunting field with both legs cut off. She was pregnant at the time and when her boy was born he had no legs. This woman is a great writer, but as a scientist she belongs to the Middle Ages. Such a statement as she made has absolutely no scientific basis. Only a few weeks ago a woman writer in a monthly journal which goes to a million homes made statements of a similar character ; that is, that the child in its womb can be physically altered by sights seen by the mother.

“ These are old women’s tales—every one of them. Modern science does not recognise any such effects. There are many medical reasons for knowing that such effects cannot possibly be produced, but an explanation of why this is so would involve a lecture upon embryology and biology, and all you need to know is what you can do to have well-born and happy children. So please take my word for it that all such tales as a woman seeing web-fingered freaks when she was pregnant caused her to give birth to a child with web fingers, ARE NOT TRUE.

“ The teachings of embryology and the verdict of unbiased critical view of the evidence are irreconcilably opposed to such claims. In spite of these scientific truths the old ideas remain—as we have seen—even among those who have had opportunities to learn the facts.

“ And it is not strange that it is so when we remember that, in all these matters relating to the psychical side of pre-natal life and maternity, the details have not been plainly talked over in homes by the doctor or scientists. Then again, what we can prove to-day is new proof ; that is, careful investigation has shown

that it is not possible—don't forget I say NOT POSSIBLE—for a woman to cause any marks upon her unborn babe through anything she has seen or heard."

"Why, Doctor, you astonish me—do you really mean all you say?"

"Every word and statement."

"But I know of a case where the pregnant woman saw a cow running after her, and when the baby was born it had spots of cow hair upon it. My aunt told me all about it."

"Yes; I know all about those cases—hundreds of them. I have heard them from good little wives, rocking-chair grandmothers, and meddlesome women—and the village gossips. Good Lord! why, there is no limit to their fairy stories. I repeat; there is not a word of truth in one of these stories—not one iota of scientific fact upon which to base a case."

"How, then, do you account for these cases?"

"The mind plays certain women, especially pregnant women, some queer tricks. At times it switches the best of us from reason to imagination. It is the old, old story of confusing coincidence with cause."

"Let us take this case you quote—the one you heard from your maiden aunt. Given a good woman who has heard these tales of superstition; tales repeated in boudoirs, at sewing circles, or wherever the plain-speaking doctor is shut out, and such a woman cannot but in time come to believe them—she has had nothing to antidote these fairy stories. At the time she may not pay much attention to them, but they are taken up by memory cells of the brain, where they remain until some external suggestion flashes them into activity."

"She marries, and in course of time becomes an anxious, expectant mother. One day in the fields a harmless old cow looks at her and wants to approach for a caress or a lump of salt. If the woman is unaccustomed to farm life she becomes frightened and

runs. Then some evil day those memory cells flash up the lying stories and the woman's life is a period of torture until the child is born. When it is born there are discovered a few tiny hair moles. Horrors; THAT cow!

“ Oh, what tommy-rot! The fright had absolutely nothing to do with these moles. Once in a while a baby is born with some of these little hairy moles. They amount to nothing and can be removed without the least trouble. Don't you see now how these tales get about? Let this woman tell her friends all that happened, and by the time it reaches some young woman at the circle meeting, the story has grown to the shape of a baby born with horns and a switching tail.

“ And all these tales—or tails—originate in the same way.

“ We can trace most of these ‘ facts ’ to some little physical defect or mark so frequently found upon the new-born babe; little marks which amount to nothing and are readily removable or else disappear themselves.

“ A woman, for instance, has a baby born with club-feet. She, or her friends—which is far worse—look for some instance of the woman having seen a man or child with club-feet. And right there you are—another wrong and injurious idea gets started.

“ This woman does not know that some pressure upon her womb; tight lacing, for example, or too heavy clothing about the waist, was the real cause for the pliable, tiny feet being distorted. Now it is scarcely possible for a woman to go about in a city for any length of time without seeing some form of physical distortion—club-feet, for instance. Being completely convinced that such sights can mark her unborn child, when it is born she at once mistakes a coincidence for a cause. The real cause, tight lacing or some other form of pressure upon the womb, is not realised.

“ Under the conditions in which her unborn babe developed it would show some form of physical distortion, even if the mother had seen nothing but angel wings. But as angel wings do not grow upon babies, and moles, hairy spots, hare-lips, and other inconsequential marks do, we have not so far heard of a baby being marked by celestial sprouts. However, I once saw a negro baby who had a horny growth protruding from its forehead whose mother said that ‘ de debbil one onry night sutinly did butt her on de haid.’ It was more likely a gin bottle, but the ‘ debbil ’ got the credit. Perhaps he deserved it.

“ I know of a good woman whose first child was born with a hare-lip. She insisted in spite of all statements to the contrary that the baby’s hare-lip was due to her constant watching the little rabbits in a neighbour’s yard. Now, why did not the baby have a rabbit’s stumpy tail? Why is it always the lip which is affected? Because babies are born every day with the upper lip cleft. It is nothing to worry about, for it can be easily corrected. Their mothers would not know a rabbit from a cat, yet some of these women will go so far as to try to remember a dream in which rabbits or hares ran over their bodies. I wonder why babies with washtubs for heads and mops for arms are not born of hard-working women, or the Indian squaws, who work up to the hour of confinement, do not give birth to scalpless boys.

“ Well, Madam, let us put aside all this nonsense and consider the real facts in pre-natal life and influence.

“ Child-bearing being a normal physiologic process, common sense founded upon knowledge is all that is really needed to have healthy children.

“ You must keep ever in your mind that the child in the womb must take its nourishment, substance, and power for growth, from the mother. This causes a drain upon the material as well as upon the nervous storehouse of the body. This calls for more

nourishment on the part of the expectant mother, more oxygen is needed for the blood, and a greater amount of rest and sleep.

“ All the secreting and digestive organs are over-active—the kidneys, intestines, stomach. The heart’s action is increased, the abdominal organs become enlarged and engorged, and this causes a pressure upon the lower bowel and bladder. Hence we have a condition which causes a lessened resistibility of the body against injurious physical influences—bad air, poor food, loss of sleep, etc.

“ I shall hurry over these many physical influences and conditions and their care, as your family physician is fully capable of advising you in these details. But just a warning concerning clothing during the state of pregnancy. Clothing should be such as to avoid all pressure. Garters restricting the veins of the legs and thighs should be avoided. Corsets should be put aside and in their place some light well-fitting supporter should be worn.

“ It is a mistake to think that working up to the time of labour produces strong children. The contrary has been proved in all civilised races. But equally harmful is the idea that all through pregnancy the woman must avoid exercise. No ; she must exercise. Physical rest during the last month, except walking, should be the rule for all women.

“ The above precautions must be observed if you wish to avoid PHYSICAL deformities in the child. But in this consultation we are more interested in those details and facts which make for happy children ; those who will show a perfectly balanced nervous system, be mentally normal, obedient through love and understanding, and grow to be of use to themselves and the world.

“ The husband’s attitude towards his pregnant wife has far greater influence upon the unborn child than has been realised. In every way he should fully

understand the responsibility he has always to bear and share with you if he wishes a happy and complete child. He must understand that the little one in your womb can make or mar the happiness of you both, and much depends upon his attitude in the matter.

“ And most husbands will render such loving aid when they know the real facts. Simply making money for the child is only a part of a husband’s duty ! alas, too many think their duty begins and ends there :

“ You, Mr. —, have kept silent while I was talking to your worried wife. What I have now to say is for you as well as for Madam.

“ A woman bearing a little life within her often suffers and uncomplainingly accepts treatment which in her inner self she knows to be injurious to her coming babe. It should not be so ; but well I know that in many households this has been the one way to keep a semblance of peace. The doctor attends to the physical needs of the wife, the engaged nurse gives some instructions regarding essential materials and conditions, the husband is sometimes but not always told to be kind, blind to petty outbursts of distress, and accept as necessary many discomforts due to his wife’s condition. But the fact, the real fact, that as much depends upon HIS conduct as upon that of the expectant mother what the child shall be, is not hammered into his busy brain.

“ I recall a case of moral deficiency in a youth. He was not vicious in the ordinary meaning of the term, but was uncontrollable and would not keep off the streets. Regular attendance at school was a habit unknown to him. Finally he was placed in my care. At once I began to study his parents—I did not need to study the effects of their conduct, the boy—I wanted to know all about the cause.

“ The family history was good—great- and grand-parents on both sides normal. But the father drank sometimes a little too much.

“ Upon questioning him he proved to me that he had been a total abstainer up to the time his wife became pregnant. This being so, he said that the child could not have inherited any defect due to drink. And he was right. But going further into the matter I found out that the silent and loving wife had been much worried when he came home for the first time showing the influence of liquor. Good woman as she was, she knew that reproof or scolding would only make matters worse. That is, from a purely domestic point. But the shock of seeing her heretofore temperate husband under the influence of drink, did affect the sightless, the growing babe in the womb.

“ He could not see, but he could receive blood and juices from his mother which had been poisoned by the effects of her shock.”

“ I don't exactly understand, Doctor. How could this be ? ”

“ Because organs such as the kidneys, liver, skin, intestines, in order to be in perfect health have to get rid of self-made poisons every minute. Anything that will cause these organs to have an interruption of their work sets back this eliminating process. The poisons, instead of leaving the body, back up into the blood and tissues, and go coursing through vital vessels.

“ The blood takes up its share. Now the little helpless one gets its share of the poison at the most important period of its development—at a time when it cannot throw it off, and the result is some form of deviation in its growth, mental or nervous, which later on in life means moral weakness or else lack of self-control.

“ If, when this child was five years of age—supposing it to have been normally born—he had been seized by his father and poison injected into his little body, what would we think ? Murderous ; inhuman ! And the law ? Take hold of the case—assuredly.

“ Yet, by the father’s unthinking act ; coming home to his pregnant wife, he did the same thing—injected poison into the tender body of his child.

“ It is from these many varying conditions, which are too common in our homes, that we get the neurasthenic, the dipsomaniac, the hysteric, and the moral deviates.

“ It is not high-pressure life that is the cause of so much unmorality in our civilisation, but low-pressure understanding.”

“ Has not the mental attitude of the mother great effect upon the unborn child ? ”

“ Decidedly ; powerfully, but it is in its psychic, its soul development, its foundation for a good or weak brain, its moral stability in later life.

“ A fretting, dissatisfied mother will have a child demonstrating some form of nervous or psychic instability. Whenever a mother complains to me of uncontrollable temper in her little girl or tells me that her boy is always fretful and unreasonable, I know that some moods or conditions existed in the mother during the child’s womb-life which were injurious to its nervous development.

“ A child does not inherit the same form of instability possessed by the mother ; it is, however, affected in some way which shows a lack of perfect nervous balance. But this does not necessarily follow, for often the father’s stability, inherent in the germ cell, predominate and overrules that in the mother’s germ cell and the child is born free from its mother’s nervous defects.

“ This is more apt to be the case if it is a girl, for the girl takes more after the father in the psychic and nervous make-up ; the boy after the mother’s. But this by no means lessens the mother’s responsibility and duty to be always in such moods, health, and mental strength as will redound to the betterment of her child.

“ I believe that in certain cases the little life throbs

incessantly with the emotions of the mother. I think that it should always be so ; that the Creator intended to improve man through the influence exerted by the mother's mind and soul at the time she carries him in her womb. Reading carefully and understandingly we can see this pointed out to us in the beautiful story of the pregnant Mary.

" A good woman once said to me : ' Doctor Howard ; I have just read ——. It is a book of beauty and power. You know,' she continued, ' that when I laid down the book the sweet thoughts I had seemed to communicate with my unborn child. He moved round so gently that an unknown kind of thrill went all through me.'

" Who knows but what this expectant mother spoke the absolute truth ?

" Her child is now nine years of age ; one of the sweetest and noblest boys I know. And he is by no means a spoilt boy, a mollycoddle—just a full-blooded, truthful, happy, athletic chap.

" The expectant mother is a soldier, and like him she must drill, drill, drill. And it is her mind, her self, she must drill. The easiest way for her is to constantly bear in mind that she is drilling for the future conduct of her child.

" Recent studies and clinical experience in psychology—especially in Germany—have opened to us the real, powerful and lasting influence certain conditions existing in a pregnant woman exert upon the future welfare of her child.

" There are, as you know, an inner self and an outer self. The outer self is our conscious self, the one we know. The other is the one we feel, the one which often appears in dreams—sleeping or waking dreams. It is my belief—I assert it upon my own responsibility—that the inner self has more to do with the growth of the soul in the inborn child than the distracted outer self.

“ When the mother goes alone with her unborn child and sits dreaming of beautiful pictures ; when her soul in music memories rises above her outer self when she calls up from that inner self, her true self, pictures of noble deeds, honourable acts, and in ecstasy sees her son fulfilling in reality these dreams, then I believe the influence upon the little growing one is real, effective, powerful.

“ The outer self, the moving, eating, working, acting self, is so distracted by the necessary matters of material life that the effects must be fleeting and unreaching to the unborn child. But not, of course, those acts and moods of the outer self which are linked to the inner self ; such as unreasonable anger, fits of despair, total disregard of the sensitiveness of the little soul to unjust or evil thoughts ; especially disgust of maternity. Ah, there is where so much harm is done to the little helpless one !

“ Don't you suppose he knows that he is not wanted ? Don't you believe that he feels it in the womb just as much as later on he does, when he is shunted off to the nursery because his mother has not time to look after him and his pleasures ?

“ Of what avail is it to give him toys, rich clothes, ponies, servants, automobiles, when he is free to run about, if you have deprived him of the greatest gift a mother can give—rich or poor—your soul love, soul pleasures, eager anticipation of his sucking lips, his twining, chubby arms as he nestles against your breast ?

“ God has so regulated matters upon this earth that the poorest mother can give to her unborn child every gift that the rich mother can give. When wealth robs a woman of these inner instincts it makes a pauper of her. When the poorest woman possesses this divine power to make her unborn babe throb with pleasure, she possesses wealth beyond what any man knows.”

“ Can I, Doctor, so guide and concentrate my thought that these will be transferred to my child ? I mean, that if I should desire my child to be a musician, can I by constant dwelling upon this desire, attending concerts and operas, playing constantly myself, the violin, for example, develop musical talent in my child ? ”

“ No, probably not. Many facts and conditions in heredity are yet to be explained ; but there is no evidence that we can change the exact status of the germ cell. That is, the germ cell contains all that is in the man to be. If this germ cell contains the potentiality of musical genius, nothing you can do will divert its growth from this development. It will be demonstrated when the child reaches a capable age. In some cases of genius—Lizst, for example—it was shown at a very early age, five or six.

“ If the germ cell is made up of inherited material tending to commercialism, all the concerts and self-efforts in musical matters will not make any change in the original cell material.

“ But here is what you can do. You can so bring to bear those dreams of the inner self, can so govern the outer self, that whatever the germ cell from which the child started with contains, the material can be enriched and a sort of side development carried on.

“ For example : suppose that your grandfather, father, and uncles had been or were commercial men—successful in their undertakings. Your husband is also a business man. You enjoy art, literature, and music—really enjoy the arts and have some talent and training in these beautiful phases of life. While waiting for your child to be born you give as much time as your domestic duties permit to music or literature, hoping that the habits of your own mind will affect the development of the child.

“ And you have a perfect right to so hope. The child grows up a good healthy boy, but the business

strain in his family is too strong and he likes to work along commercial lines. Of course he is stimulated in this natural bent by his father's example and environment.

"How what have all your dreaming, studying, hopes, and application along æsthetic lines done for your boy? Of what use was all this 'unpractical' idealism on your part when the boy as a man enjoys the music of the stock-ticker or the hum of the factory's machinery?"

"Of great use; of practical use, of MORAL use. How? Because such a man will find in his avocations the pleasure of refined instincts. Because such a man CAN enjoy paintings, appreciate literature, be morally balanced and make a good citizen, an honourable husband, and one fit to understand the different tastes and talents of his children.

"So why ask what have you done? Why, you have produced, through your mental life, pre-natal influences and developments that, when come to full growth in the man, make for all that is of the best in this life."

"Would he not have been the same man had I neglected all these mental efforts on my part? That is, would he have gone along in the same way in business matters, been just the same morally?"

"No; positively no. You developed fine qualities in him that otherwise would never have risen to the surface. This can always be accomplished by the understanding mother. Of course we leave out of question genius; these are exceptional cases and scarcely come under our law of pre-natal influences. But even here, I believe that many a man who has developed into a genius would only have been a man of talent had it not been for the pre-natal influence exerted by his mother."

EIGHTH CONSULTATION

A GENERAL CONSULTATION

HOWEVER a man may look upon his marriage relations he must consider the children of this union as evidence of Divine love. That many children seem to have been born of the Evil One instead of God is in reality evidence of the godless attitude of one or both parents.

The greatest physical law is that of cause and effect. The fundamental fact is that all children are conceived through the mysterious life inherent in the reproductive plasm, but if this holy light does not penetrate the thoughts, acts and spirit of both father and mother while the little one is making ready to appear on earth its nature will be distorted and contaminated by such evil thinking and culpable negligence as existed in the parents.

One of these factors which probably does much to determine the morality of the child, is gross sensuality on the part of either parent while the child is growing in the womb. Moral teachings and parental admonitions have heretofore failed in keeping within bound or under control the sensual passions of many girls. Their parents are faced with many—to them—unaccountable immoral or unmoral phases of their children's conduct, and wonder how such thoughts or acts can exist in those so carefully reared and watched. But let them hark back to some one or continuous outbursts of sensuality while the child was in the womb, and they will understand that the

child was NOT carefully reared or watched, for it did hear and see things while unborn—but yet a living child—which it should never have heard or seen. Of course I mean that the sensual emotions can be transferred to the unborn child through its mother in the manner explained in our last consultation. Occasional outbursts of sensuality will not in all probability leave any indentation upon the developing brain cells of the unborn one ; but the woman who is essentially and always in a state of amorous fury certainly is unfit to give birth to a child. Where there is only excessive sexuality in the woman she can control this by rigid self-discipline and avoidance of rich foods and total abstinence from wines or other stimulants.

There exist but few women who cannot so control their natures when the evil, both to their husbands and children, is plainly pointed out. That there exist girls who were born natural prostitutes no man who has studied the subject can honestly deny. It is not a pleasant subject to discuss, nevertheless it is of vital importance that parents should know that through their uncontrollable sensuality they can reproduce this kind of a woman. If you are not certain of your own powers of control in this matter it is far better that intercourse cease during pregnancy, for otherwise the risk to the unborn is great.

There is, of course, much speculation and theorising in this matter of the transference of emotional states from mother to unborn child, but I believe we are only on the safe side when we act and think while the child is in its mother's womb as we would act and think—speak and wish—when the child plays round the house.

I have seen such extraordinary outbursts of blasphemy, such immoral gestures and acts in the little child, that surely it must have received the words and witnessed the acts in some previous existence.

Not being convinced of any of the alleged "facts" put out by certain sects who dabble in reincarnation and allied esoteric beliefs, I think that this "previous existence" during which the child received its evil impressions, is in the mother's womb.

As we are not dealing with or studying esoteric matters, but just trying to see the life we have to constantly recognise, it appears to me that there are pre-natal conditions which allow the impression of words and acts coming from outside to remain for ever fixed in the unborn. Let certain environments and the loss of self-control—as adolescent hysteria in the girl, for instance—release these brain impressions and the result is horrible.

I remember the case of a beautiful little girl of nine years of age who was in the children's ward being treated for St. Vitus' dance (chorea). Her actions became so indecent that she had to be removed to a private room. Soon after this removal she would go off into paroxysms of such a nature that even the physicians and nurses were shocked by her horrible oaths and expressions. Such vile language, such a pouring out of filthy expressions and indecent ribaldry, I have never heard even in the delirium of the gutter degenerate.

It was so remarkable a phenomenon seen in a little girl who had been brought up under the very best of care and circumstances, that I took great pains to hunt up her early history.

She had been adopted, when a few days old, by a man and wife without children of their own. She had been surrounded by wealth and culture, her nurses and governess were good and decent women and never had full charge of her, the father and mother devoting much time to her—the foster mother especially giving her the wealth of her overflowing maternal instincts.

There had never been, in the nine years of her life, one vulgar word or coarse expression heard from her

lips. Even during the months of the onset of her nervous trouble there was nothing to distinguish her from an innocent, sweet child. Only when the functional disturbance—St. Vitus' dance—necessitated her removal to a private hospital did this inner nature demonstrate itself.

Upon very careful investigation I found that the baby was born of a girl of the streets who left it at a foundling asylum. Cannot you imagine what scenes, what words, what acts, this little unborn being witnessed and heard for the nine months?

There are many conditions and mysteries in life that science cannot dogmatically or even tentatively explain, and this well-known phenomenon of a child changing from purity to vileness is one. As I have said, I believe we shall find it in the environment which surrounds it during pre-natal life. Hence we can see the practical side of living absolutely correct in thoughts as well as in acts, while the little one is growing to be, in a short time, in our physical presence.

This brings us again to the practical discussion of intercourse with the pregnant wife. Theoretically in our state of civilisation, and practically among "savage" races, this is prohibited. I say theoretically for us, because I know how slight is our knowledge of right marital living and how little this vital subject has been discussed. And not until it is understood and discussed, can we expect to clean up the evils of immorality and unhealth.

The man whose understanding and love are powerful enough to control his animal nature will refrain from intercourse with a pregnant wife. Every rightly-balanced man should have sufficient control of himself to avoid intercourse at least three months before his wife's confinement and for many weeks after. There is no excuse for breaking this law of nature unless sensuality and indecency be an excuse.

We have conjectured that possibly the unborn can

see and hear. That is, that the little brain cells receive extraneous impressions. If this be so, and it always should be accepted, then it is our duty to see that the little one comes to us with only the very purest and noblest impressions.

If the father allows his inherent animal nature to be aroused by artificial stimulants and then he forces his wife against her desire, he not only runs the risk of PHYSICALLY injuring the child in the womb, but what is far more disastrous, he transfers the effect of his cruel act through the emotional disgust of his wife.

Continue this sort of treatment and you are liable to make your wife one of those abnormal females known as the frigid or unsexed woman. But don't forget that she is of your own making. If the child in the womb is a potential girl it may grow up to be a woman born totally devoid of any sex instincts—a congenitally frigid woman for whom there is no known remedy. If it was a boy? Probably as a man demonstrating one of the variants of sex perversion.*

Right here we come to the borderline where the psychology of sex belongs to the domain of the scientist. But there are many conditions concerning the deviations in sex impulses which should be understood by the man and wife in order to render justice, compassion, and peace to both. Also it is our only way of putting civilisation and Christianity upon a decent working basis.

It is with some reluctance that I venture upon this subject of frigidity and its opposite pole, uncontrollable

* Perhaps my attitude in this matter is best explained by the London *Lancet* when I was giving testimony in a very celebrated case of sex perversion: "He [Dr. Howard] hopes to bring the English medical men and publicists to understand that a human being is just as liable to have the growth in the cell making up certain distinct centres in the brain disturbed and distorted as in the cells making up any other centres, physiological and psychical, from which it follows that it is unreasonable to send a man to prison because he is deformed in certain psychical [sexual] centres!"

desire—nymphomania. But I have seen so many broken homes, discarded wives, and wrongly-accused women, that I feel that it is time someone should speak.

Were not both these extremes of sexual life sometimes curable, and those suffering from these remediable states misjudged, it would not be necessary to mention here the subject.

Scientifically speaking, rabid, shameful, all-possessing desire of the female for the male, is a pathologic state—a disease of the brain. As this brain disease is rarely curable and its victim belongs to the study and care of the specialist, we leave her out of our consultation.

There exist, however, another small class of women who are misjudged—they are euphemistically called vampires. The demand of such women will soon destroy the brain and body of the strongest man. Married to such a woman there is but one thing for the husband to do. He must consult a reliable specialist ; be certain not to do or say anything offensive or unkind to the wife until the exact cause for her condition is known. In these curable cases it is not the brain which produces the intense and constant desire, but a local disturbance or affection of the sex organ. These women are good, modest, and ignorant of their anatomical condition and its ultimate result if left uncorrected is disastrous. They are invariably high-strung, extremely nervous and irritable. But once let them start on sexual relations and their passion is volcanic, overwhelming. The slightest possible operation followed by proper medical advice soon brings them to the normal state of womanhood. No such wife should be put away or divorced until she has been examined and the real cause of her abnormality discovered. If her constant and injurious desires are proven to be the result of a brain disturbance she must be kindly put into an institution where her own, as well as others', safety is assured.

These curable cases are more frequent than is publicly known. Many an unfortunate is cursed, ostracised, and falls into the hands of the police or lands in the divorce court, who should have had Christian care, sympathy, and treatment.

We have so much to learn in these matters of the cruel tricks a "mind diseased" plays the best of us. If a woman falls in an epileptic fit there are hundreds of sympathisers to aid her. The ambulance takes her to kind doctors, the papers are silent regarding her affliction, her husband gives her fond attention. But if a woman has a disease of the brain which affects the sexual cells and she publicly or semi-publicly demonstrates the symptoms of this disease, she is shunned, perhaps arrested, and then placed in a jail or institution where she soon becomes a mental wreck.

The opposite pole—the frigid woman—makes married life utterly impossible. To be sure, men who have married such women remain their legal husbands and sustain extra-marital relations. Frequently this state of affairs is permitted, sometimes demanded, by their frigid wives. But this is all wrong, anti-social, and cannot but destroy all the higher feelings and moral responsibilities of the individuals. Then think of the children born out of wedlock, or, if there are no children, of the criminal methods used to prevent them coming.

Now very few of these kind of wives are naturally frigid; they have been made so by their husbands. The real cause is unsatisfactory sexual relations from the start. Even if the husband lovingly wooed at the commencement of their married life, he soon ceases to observe or regard the primary factor in bringing out normal desires, and selfish, unconsidered demands are made. Compliance to them cannot but be indifferently rendered, so the woman is accused of being cold in love; of frigidity.

One of the primary rights throughout all nature is that of allowing the female full possession of her

individuality, and in sex feeling she is preëminently individualistic. She will when she wills ; she desires only when moved by her individual nature. Man expects her to will and desire after his nature. She cannot always do this and imitation and deception are the invariable result ; the consequences disastrous to marital happiness.

The morality of love in woman is embedded in the pure, high nature of maternity. Man's morality of love is motivated by animal passion and desire. It would not do to have it otherwise. But the real man should have a higher power to regulate and conserve this passion for its legitimate use—the demand and desire of the woman.

The normal wife is an individual with powers, passions and ideals who, if allowed freedom for this individuality, will make a man complete in his happiness. Most husbands do not understand this phase of the wife, and he nags, and attempts to press the woman out of herself—to shape her to his periods of egoism and impulses.

As we have seen by the above explanation, many of the so-called frigid wives are only what their husbands made them. But there exist wives who are in reality the most unemotional, frigid females possible. Yet even these cases have been wrongly blamed. There frequently exists in these wronged women a little anatomical defect which the surgeon specialist can easily correct. It is the bounden duty of every husband of a frigid wife to first seek out the cause. Sometimes it is in himself. But patiently eliminating all possible causes on both sides, if then an absolute frigidity, a horror, disgust, or perverted attitude remains and the physician says a cure is impossible on account of a defect in the brain cells, complete divorce is the only way out of the false mating and the only possible means of avoiding immorality.

To those who do not believe in divorce except for

infidelity, what is their attitude in such a matter? I am speaking of man as he is. Moralising, platitudes, religious laws made by man and monk, the statements of those who have forgotten their days of Life or never had any, are of no value in deciding this matter.

If a man has for his wife one who flees the bed—the absolutely unsexed female—is he to remain husband and keep a mistress, or is he to be allowed freedom to marry and live as a man should?

The other side of the question has, of course, risen in your minds. How about the frigid husband? The same rule applies, of course. But we cannot go into these purely medical details of impotence and sexlessness in the male; of the causes, the effects. It is only necessary to say that while such men are to be found, they are not frequently found. Again, a man generally knows his sex nature, his powers, his failings. A man knows whether or not he is virile and potent before he marries, and the sane man who is not, never marries. The frigid woman is self-ignorant, self-deceived, and when it is too late her self-deception is discovered.

Trial marriages? An abomination! What then? Education is sex matters for every young woman. Woman know thyself!

And this brings us to the discussion of the marriage of the unfit.

NINTH CONSULTATION

THE MARRIAGE OF THE UNFIT

“THE choice of a husband or wife is an exceedingly serious matter. But there should not be any exaggeration about it. No one is perfectly normal and entirely free from inherited predisposition to disease. Undue anxiety would result in there being no marriage at all. It must also be borne in mind that just as in certain families morbid tendencies increase, so in others they diminish ; that by a suitable mode of life it is possible to arrest certain predispositions in certain individuals ; and particularly, that by a continued pairing with descendants of healthy families abnormal predispositions may be annihilated altogether provided always that the degeneration of the germinal elements has not gone too far.

“ We may, therefore, lay down something like the following as a rational guide :

“ People afflicted with serious malformations ; degenerates, such as idiots, imbeciles, epileptics, drunkards, habitual criminals, and chronic sufferers, such as tuberculous persons, and syphilitics, should absolutely be excluded from procreation. Equally unsuitable as procreators are individuals whose physical development is not complete or whose sexual character is imperfectly marked. It is particularly necessary to dissuade from marriage women with poorly developed breasts and hips, women who have never menstruated or menstruated irregularly, and women with ill-developed and

imperfect pelves, as a consequence of rickets. In fact only those persons should beget children who are perfectly healthy, strong, and well-nourished. Individuals who are either too young or too old are unsuitable for procreative purposes.”—Professor M. Gruber, Munich.

In a few words this is a fair summing up of the whole subject, but of little use to the average man or woman unable to understand all the little distinctions in conditions which really make for unfitness in marriage.

The English girl of the masses knows nothing about physical conditions which make for unfitness to procreate. If she did, we would not have the idea or fashion prevailing that small hips are beautiful or that a large bust is a shameful or immodest thing. Neither does she give careful thought to the unfitness of a man to be the father of her children.

The consideration of the physical side of marriage is most important for the future health and happiness of the woman—and the nation. A woman should know the man’s fitness or unfitness for fatherhood. By this I do not mean altogether sex vigour and health, but the mental and bodily inheritance the man has had passed on to him. For never let it slip your mind that he will, in all possibility, pass the evils on to your son. Just stop and deeply consider what all this means for your happiness and the welfare of your children if neither wife nor husband has sin or disease to pass on to generation after generation. Why it is of tremendous import to the individual and the world! It is the greatest problem facing civilisation; and it is the easiest solved.

Not by those laws made by state and country to prohibit the marriage of those known to be afflicted with real bodily or mental diseases, but by an understanding of those subtle afflictions which have too long masked under the names of “habits,” or “tendencies.”

There are many hidden diseases aside from diseases

of vice which should be known to all women. Dipsomania is one of the most important.

Dipsomania—periodic drunkenness—is only a symptom of a disease whose poisons circulate in the brain and imperatively demand alcoholic relief. It is a periodic uncontrollable impulse. The unfortunate victim of this disease is perfectly innocent—that is, he had nothing to do in bringing himself to this diseased state. He did not contract the disease through any fault or vices of his nature. But this makes no difference in the ruthless results to the girl who marries him. It has not made any difference in the past, as many suffering wives will tell you.

The nervous instability and poisons in a dipsomaniac have been passed on to him by a parent or grandparent—perhaps a great-grandparent. The same conditions prevail to a certain extent in women, but for reasons not necessary to detail here, their symptoms are demonstrated later in life and the hysteria, drug-taking, and attacks of secret drinking, are hidden behind doors and blinds.

It is not often these unfit women marry, but when they do! Well, let us pity the husbands and children—when there are any, for fortunately Nature does not often give these unfit women the power for motherhood.

The HABIT of going on sprees is a sure indication of unstable inheritance. In these cases there is something wrong with the nervous system and brain. At times only, remember, and this “something” is the cause for the drinking bouts. We doctors know what the cause is, but we are not here dealing with pathological details.

Whatever the cause—brain, nervous system, some inherited defect—such an individual is NOT fit to be a parent, and as a husband he will be impossible. When these conditions exist in a wife she should be gently confined amid surroundings which make reproduction impossible.

The male dipsomaniac will probably be a charming individual in conversation, manners, and appearance. Frequently these dipsomaniacs are talented to a high degree. They are not inherently bad. At heart they are good men ; kind, generous, and when free from drinking, moral men. Were it not for their hidden disease they would be model husbands—pleasing and honourable. But because they cannot help their insane craving for alcohol or drugs, they are dangerous life companions and procreators of unstabiles.

There is no drink cure for the dipsomaniac. The remedy is in regulating the marriage of these unfits. The HABIT of going on sprees may be stopped for a time by confinement in pleasant surroundings, regular exercise, food, and sleep accompanied by a real desire to be as other men and women. But the cause, bad inheritance, is still there and has been aggravated by the great amount of alcohol these unfortunate individuals have taken into their systems since boyhood—in women by the riot of uncontrolled impulses when children.

It is a great mistake to think that love and tender care will “ reform ” such mental and nervous invalids as are the dipsomaniacs. You must clearly understand that it is some form of mal-development in the nervous system for which they are not to be censured or punished. You might just as well marry an epileptic and expect love to stop his fits, as to marry one of these dipsomaniacs and expect to stop his fits—of drinking. In fact, medically we call these attacks of uncontrollable drinking psychic epileptic equivalents.

If a son is born of an intemperate mother, or one of those who periodically drink in secret, then by all means have sympathy for him ; but be his wife—**NEVER.**

Even if the mother did not demonstrate her instability until after her son was born, the risk here is great, because the son takes more after his mother in his

nervous make-up than he does after his father. I repeat this statement because in this matter it has great bearing. A girl born under such parental plasm—mother or father—is apt to become a nervous wreck in middle life; to be a nagger, a careless, and irresponsible mother, a woman to uncontrollable impulses and a wife you will have to flee when she reaches forty years or more.

The children of such a mother will never be normal. They will demonstrate one of the two extremes of the norm—either be, if daughters, desolate and injurious prudes or modern Mesalinas. If such a mother has sons they will be useless and helpless men; unstabiles, the kind which go to the human junk pile.

I want to warn you while upon this very important subject, against those harmful and fake advertisements of “remedies” for the drink habit—that is, dipsomania. Those “dope” cures for drunkards. You have all seen them—the picture of a broken home, the poor wife going to the pawnshop with her wedding ring, the drunken father beating his child, and all the other horrible realism utilised to get your money. Then the fake picture of the happy home brought about by using the advertised “cure.” There are advertisements stating that you only have to put the “cure” into your husband’s coffee and in three days he is “forever” cured of his craving for liquor.

No matter what these advertisements state; no matter if you have heard of a case that was “cured,” NEVER give any such secret poisons to anyone. I had a case brought to me recently of a young man ruined by the morphine habit—one of hundreds. Mother and daughter put this poisonous drug into the coffee of the young man who wanted to marry the daughter. This young man would go on sprees, and the two ignorant women thought by putting an advertised “cure” secretly into his morning coffee he would soon be made a temperate man.

Of course these two good women did not know that they were giving him something far worse than whisky. All these advertised secret remedies for the drink habit contain some form of opium, cocaine, bromides, or other injurious drugs. I make no exception to this statement.

Naturally when a man has a dose of opium, either in the form of morphine or similar drug, he does not crave a drink of whisky. He has, in his unstable system, a poison far more insidious than alcohol. Keep this up unknown to the victim of your ignorance, and soon he cannot do without his drug.

It does not take long for such a victim to find out what causes the pleasant feeling and satisfied mental attitude after his drink of coffee or tea, and from your secret dose once a day he goes to his secret dose three or four times a day. Under these conditions there is no hope for him; he is on the toboggan slide and will ultimately meet the big bump.

You have all been warned about marrying into a consumptive family. It has been impressed upon your minds that your children will inherit the disease if you marry into such a family.

This is not true in all that these statements imply. Consumption is not inherited—get this fact clearly in your mind. Consumption, in its first stage, is curable.

Here is another happy fact for you to take to heart—the germs of consumption cannot pass from mother to child through the mother's blood. In other words, to get consumption you must take the germs into your lungs from outside sources.

You will not find these germs active in any place where pure air has perfect circulation, the sun shines and the surroundings are dry. If you are well nourished and obtain plenty of sleep, if you do not exhaust your vitality through improper living, even should you remain temporarily where the germs of consumption are active, you will not “catch

consumption." It is really a matter of right living.

Of course a consumptive mother is most liable to give birth to a weak child, but not to a consumptive child. This is the reason for prohibiting a young woman who has symptoms of tuberculosis from marrying. The same holds true for a young man ; that is, he is most liable to transfer a constitutional weakness to his child.

If you are thinking of marrying one whose father or mother died from consumption, the right thing for you to do is to find out what caused the disease in the parents. If the father worked in a factory or shop where dust was always flying—a button or cotton factory, for instance—then the cause for the disease is plain. If the son works amid the same kind of surroundings he will leave you a widow before your marriage has lasted many years.

The kind of work a man does should play a big factor in deciding his fitness or unfitness to be a husband and father.

There are many trades known as hazardous ; those in which the workers have to give up or die early in life. The employment of girls and developing women in these kind of factories and mills I consider legal murder.*

* In connection with the above it is interesting to note a statement issued on August 16, 1911, by the National Association for the Study and Prevention of Tuberculosis relative to the percentage of deaths caused by tuberculosis in dusty trades. This statement is based on investigations made recently for the Bureau of Labour by Frederick Hoffman.

"While among the males generally in the registration area of the United States 14.5 per cent. of all deaths are from consumption, the mortality among grinders from this disease is 49.2 per cent., and in hardly any of the dusty trades is it below 25 per cent. The percentage of deaths from tuberculosis among all those exposed to metallic dust is 36.9 per cent. ; to mineral dust, 28.6 per cent. ; to vegetable fibre dust, 28.8 per cent. ; to mixed animal and other forms of dust, 32.1 per cent. ; to street dust, 25.5 per cent. ; and to organic, or dust coming from articles being manufactured, 23 per cent.

One must always bear in mind that married life brings great responsibilities to the best of us. A man who is born of consumptive parents has to be careful of all mental and physical strains until he has reached middle life ; for, if in his early years he draws upon his vitality, he opens opportunities for the germs of tuberculosis to enter his system.

But if a man whose parents or grandparents have died from consumption—even all of them—was early in life and all throughout his growing period kept away from the surroundings of the consumptive people, been active in out-of-door work and play, and later on taken for a vocation something which keeps him out of doors and in pure air, then he may go on throughout life free from the dreaded disease.

But he also must keep constantly in mind that plenty of nourishing food—no fasting fads for him—is absolutely necessary ; that only the best care of his body and its powers will make him immune to the germs of tuberculosis, and that alcohol is NOT beneficial but injurious to him.

Living according to these truths he may be as free from the germs as you or I. But he remains, nevertheless—and this is my point—one of the UNFIT until he has reached thirty years or more of life.

The girl who comes from a family of consumptives, yet has been kept away from the germs and placed where nothing but pure air and food entered her system, must be careful about marrying too early in life. Such a girl should not marry the healthiest, purest, most honourable man until her full growth and development are firmly established. While she may think that at twenty years of age she is full grown, she must remember that her resisting powers—the cells which protect her from disease germs—do not attain their full fighting strength until twenty-five years or more have gone to their making.

TENTH CONSULTATION

PARENTAL RESPONSIBILITY

THE English man has been successful in most of his undertakings. In his capacity as a father he has been somewhat negligent. As matters appear to the man who has had much to do with boys and youths of the present day, it seems as though it would be best to place the average British boy in hands other than the father's for his moral, physical, and confidential relations.

It is now recognised by those who have made a study of the social conditions as they exist, that this outside control must commence early in the boy's life. Home control and influence have apparently left the land where once they were of paramount and permanent value.

I have reference to the English stock of the masses ; to that large well-to-do class who are the pith and backbone of the nation, but whose sons, under present conditions, are sadly lacking in those powers needed to make the best citizens.

And it is not all these sons' fault—not by a jugful.

This at first may seem a harsh and exaggerated statement, but let us look at some facts—some conditions. I have good reasons for my rather unpleasant remarks. And please remember that there are hundreds—yes, thousands—of teachers, psychologists, superintendents of schools for delinquents, Y.M.C.A. workers and other men in allied work, who are meeting

daily with the boy who, having a well-to-do father, is, nevertheless, fatherless.

“ Well, Mr. —, where is the boy ? ” I asked a middle-aged, careworn man as he entered my study.

“ He wouldn’t come.”

“ Would not come ! Would not obey you, you mean ? ”

He nodded sadly. After a pause he added : “ See here, Doctor, I’m in trouble about that boy of mine. I wrote you that we’d be here this morning. I did not like to spare the time from the office, but you said that it was necessary for me to come with him.

“ When I told my son to get ready and come with me, he said he had an engagement and could not come. I have absolutely no control over him—never did. When I ordered him to come he defied me, and when matters were getting serious his mother entered and pleaded for the boy. She said she had promised to let him go away for a few days’ hunting and had given him money. He always did get it some way from one of us.”

This man was typical of hundreds of thousands of English fathers. He had made a comfortable fortune and was one of those men who had worked his way up from the bottom. Since fourteen years of age he had worked, lived, dreamed for—Money.

I had known him fairly well for several years. Daily, year in and year out, he had plodded with but one thought : Business. Money. Money was the Siren’s song that lured him on. He knew as much about his son’s temperament, training and pleasures as he did that of the cows he had at his country place. No ; not as much, for he did go to his farmer and ask about the cows and their calves. I know that he never went to his son’s school and talked with the teacher.

Three years before the date of this interview I took it upon myself to cautiously state to the father that

his son—then thirteen years of age—needed a father's attention in many ways. I hinted at loose companions, a lack of morals, truency, and impudence.

"Oh ; he's no different from other boys, I suppose," was his careless answer. "I pay my school fees and expect the teachers to train him. That's what they're paid for ; if they can't train him, what good are such teachers ?"

The boy was physically strong, developed far beyond his years through running loose with evil companions. He was indolent, untruthful and immoral. I knew these facts from another physician. His father dimly realised all this NOW. His mother would not hear or believe that he was anything but a child.

"Doctor, you told me he needed watchful care ; that there were many little crises in a boy's growth a father should watch for and guide. You told me the home was the place for the boy to learn truths ; that I ought to become his chum, his confidant."

"Yes ; and did you do all this ? It was your duty."

"No ; I did not know ; didn't feel able—I—well, to tell you the truth, I could not spare the time."

Read this over—" *I could not spare the time !* "

Oh ! how often have I heard this confession of a father's crime !

Did not have the time to even realise a parent's responsibility beyond buying clothes, food, and paying school fees.

"Is the boy in school now ?"

Sadly, the worn-out, successful business man—the pseudo father—replied : "There is one great trouble, Doctor ; he will not go to school. He stayed round home"—how that word "home" sounded to me ! "for a year and——"

"A moment, please. How do you know he 'stayed round home' when you only go 'home' to sleep ?

“ Do you recall that day I first talked to you about the boy ? It was a holiday, was it not ? Yet you were going to the office ‘ to look up some important matters.’ That day you gave your thirteen-year-old boy twelve shillings—did it to get rid of him, for he wanted you to take him to the dog show. With some older lads, whose fathers were equally neglectful of their sons’ interests, he went to a low burlesque show and then to some gambling-saloons.”

It was too bad to have to tell a man all this about his boy. Had he been a real father I would have spared him the words, but not the information. Had he been in all matters a responsible father, I would not have had any such information to impart.

Then the poor man went on : “ I got him to promise to go to a certain preparatory school.”

“ Got him to promise ? You mean you paid him something to go ? ”

“ Forty shillings a week spending money.”

“ Why did you not send him to a school where such crimes are not permitted ? ”

Well, you see, on account of his habits he is far behind boys of his age who go to such schools as you have reference to—then I tried one or two, but——”

“ They would not take him ? ”

A nod.

“ So you sent him to a school where you would be relieved of all care and bother ; where he would never trouble you except for money, and where there are about four hundred fatherless boys like yours. I know about these schools. Orphan asylums are not such pitiable sights. Really, I prefer the schools for the incorrigibles.

“ Mr. ——, the case stands at present as follows ; as I see it : Your son will not obey, he will not go to school, he will not go to work. He is defiant, and neither you nor his mother can control him. What does all this mean ? ”

“ That something must be done. I’ve pulled him out of one or two little scrapes, but he will get into serious trouble before long—in fact, his morals now—”

“ Yes ; I know—but in heaven’s name whose fault is it ? Listen : You have probably boasted of your success in getting money. In careless moments you have let him know that you have saved and invested ; that some day he will have lots of money. This has been your pride. Oh, proper pride enough, but woefully handled. His mother—let us say nothing here about this perplexing problem.

“ What is the use of complaining now ? No use. What is the use of talking now ? Because you men need it straight from the shoulder—there are thousands of you. Whose fault is it that the public schools turn out so many failures ? Whose fault is it that the boys do not stay in school ? Whose fault is it that there is so much immorality—however, this is another subject.

“ The public school system, you say ; all the teachers’ fault, you exclaim.

“ Granted. But back of all this the real trouble is that men like you, those whose children attend the public schools, have never interested themselves in the matter—the children or schools.

“ You take absolutely no interest in the schools. You never know whether or not the teachers are fit—you do not know whether your boy is being benefited or harmed.

“ There is only one thing you do interest yourselves in ; the same old thing—money ; school fees. You object to paying fees enough to get the best teachers or to giving those who do teach sufficient income to keep well and unworried. You want to turn over to the cheapest strangers you can get, the moral, physical and intellectual training of your children. Anything that will keep your boy from ‘ bothering ’ you at home is satisfactory to you.

“ Too indifferent, too much engrossed with self-progress, you want to buy substitutes for parental responsibilities and duties.

“ You demand pure food and truthful labels, but you do not care a rap whether your parental substitutes are pure, properly labelled, or unfit.

“ I know of a wealthy man—wealth of money, I mean—who bought a £1,500 motor-car last autumn, yet went round haggling for a tutor for his son. He offered a gentleman and scholar the same price he paid his head chauffeur.

“ Mr. —, I will go up to-night and see your boy. We will have it out with him. But please remember one thing : The boy HAD good stuff in him, only you did not take the time or trouble to discover and develop it.”

“ He'll run away, Doctor, if we force matters.”

“ Very good. Of course it is unfortunate. You certainly don't want the juvenile court or reformatory. But right here I wish to point out to you that the juvenile courts and the reformatories would not be necessary if there was some way to get at you delinquent parents and punish you. Better still ; some way of preventing you being parents until we got you in the habit of taking a day off each week to learn of the responsibilities of parents, and indirectly to the nation.

“ But to get back to your boy. Perhaps even at his age we can reach that better inner self which must be reached in all boys to bring the eager manhood to the surface.”

With tears in his eyes the physical parent left for his office, as I greeted another sad-faced parent—this time a woman.

And she was all mother, too. Well-bred, perfectly poised, but ignorant of what care a growing boy needs aside from love, comfort, and the teacher's lessons. That is, she married ignorant of the real and vital responsibilities of both father and mother.

She remained in this anti-social state of most British mothers, up to about a year ago. Her husband, of course, had never given a thought to his boy in the true sense. He loved his son, after the manner of the general parent ; would have deeply grieved to have lost him, and did all he knew what to do—gave his son pleasures, clothes, money, vacations, boats, and guns. Gave all the boy asked for and more, but did not give him that close companionship, confidence, intimate talk, and instruction every boy should have from a father, nor try to reach into the lad's heart and read it so as to guide him. You see, " he did not have the time " ! His business affairs took all his energy, thoughts, and hours. By concentration he had made a great success of his business, but a complete failure of fatherhood.

And the inevitable result ? There was a sudden and sad awakening to the fact that the boy had gone away beyond the parents' influence ; the awful knowledge that he had fallen in with evil companions of both sexes ; had become a stranger to father and mother.

But in all truth the parents had been long strangers to their son.

Three days before this sorrowing mother entered my consulting rooms, her son had been caught in a raid upon a house where were " school children " of both sexes from fourteen to seventeen years of age. Her boy was nearly sixteen years of age. Let us hear the mother's story.

As soon as she could control herself, she asked : " Doctor, what do you think of him ? Can he be saved ? Oh ! don't tell me he is a drunkard, don't tell me that he is——" and the distracted mother broke down, trembling and weeping.

After telling her the result of my examination of the lad and that we would get him away to good and proper environments, I asked her to remain and talk over the great mistakes of fathers and mothers throughout the

land. She had another boy, seven years of age, and it was by assuring her that he also would go the same way as his brother if matters were not at once understood, that she listened to me.

“ Mrs. P——, did your boy have regular instruction ? ”

“ Why, yes ; he went to Sunday-school up to two years ago.”

“ Just so—why did he stop two years ago ? ”

“ I don’t know of any particular reason. I believe he said it was all ‘ poppy-cock ’—didn’t know why he should go at all—all the other boys quit going—I am trying to give you his expressions.”

“ Quite right. So you let him have his own way ? He just stopped because it did not interest him ? ”

“ Yes, I suppose so.”

“ Don’t you really know why boys will not go to Sunday-school ? I’ll tell you :

“ When your boy reached about fourteen years of age new ideas, strange thoughts, adolescent impulses and day-dreams—his whole soul and mental life—commenced to blossom. That was the time questions which came to his mind should have been anticipated and answered. Of course he should have had the entire confidence of his father, and as he developed psychically, he should have had in both of you, minister, instructor, and Sunday-school teacher.

“ His Sunday-school teacher was a young woman, was she not ? ”

“ Yes ; a nice girl ; I know her well. She is a pure, sweet, innocent young woman.”

“ A nice, pure, sweet, innocent girl to interest an eager adolescent youth in matters about which she knows nothing. Oh, the farce of all this ! You, as a mother, did not realise what sort of instruction your boy needed—moral, physical ; true interpretation of Christ’s and His apostles’ words, yet you think that a ‘ nice, good girl ’ could impart it to that boy ! You see the point now ?

“ Where did your boy get the idea that religious teaching was all ‘ poppy-cock ? ’ It sounds very familiar. He heard it from his father. Heard all ministers and deacons ridiculed at the dinner-table—didn’t he, now ? ”

“ I am afraid so.”

“ Of course ; such an attitude is quite common, I assure you. Just here is the great mistake fathers make all over the land. Your husband does not differ from others in his lack of knowledge of the psychological progress in the study of children and adolescents we have lately made. The child, especially at the period of early adolescence, is a wonderfully acquisitive being. He hears, absorbs, remembers more, very much more than his parents. He may not make any remarks showing all this acute acquisitiveness ; his brain is too active receiving impressions.

“ At this period of the boy’s mental growth is where the parents’ responsibilities are the heaviest. Your husband little thought—in fact did not think at all—that flippant remarks and irreverent attitude towards religion are the starting point in the boys towards a feeling of indifference or perhaps antagonism to all ethical or religious ideas.

“ The boy is more influenced by his father’s attitude than you have realised. Puritanical severity and strict orthodoxy will drive any normal boy from home. Such an attitude in church, Sunday-school, or the home will never bring the boy’s heart to you. But what is far worse for the boy is neglect of Christian ethics—which is closely allied to sex ethics—ridicule of religion, or the example of indifference to all fundamental principles of moral life.

“ Your son would not go to church the last year, because, ‘ Father don’t go ; why should I ? ’ You see he was getting to be a man and wanted to act as a man—as his father did.”

The mother smiled for the first time during our talk.

“ I have heard this excuse hundreds of times. This is the reason I want you to remember that your boy is not altogether to blame for his present predicament.

“ It is not necessary for a father to own a pew in church in order to have his boy get a grasp upon the teachings of Christ or to understand the principles of moral ethics. But a father must show, by example and confidential relations, that he does reverence and believe in a Christian religion. Most fathers do, but they have not the time to let their sons know it.

“ It was your husband's duty to guide the reading of your boy since he was fourteen years of age. I know that he never gave this important matter a thought. On the other hand, do you think the boy ever read the stories suggested by that eighteen-year-old Sunday-school teacher—that ‘ nice, good girl ’ ? ”

“ But my husband never reads—that is, books ; and for the boys' books——”

“ Never gave them a thought. If he knew the sort of books your boy has been reading he might drop the *Grocery Bulletin* and sit up.

“ You, as a mother, I pity, Madame. Pity the thousands of your kind. Your boy got away from you at about fourteen years of age. This was to be expected, but he should have been transferred to his father's care and instruction.”

“ But——”

“ I know—HE DID NOT HAVE THE TIME. So the boy was left alone to pick his companions and absorb their dirty ideas.

“ Every boy must have, early in life, such suggestions and teachings as will cause him to have reverence for SOME high ideals in life ; some foundation for forming a reasonable attitude and respect for the Great Force back of all life. Let him hear his father scoff and scorn church and religion, and it will be impossible to

bring him to full manhood with respect for laws, ethics, or morality.

“ You good mothers understand all this and try to teach the boy. But of what avail is all your work or the teacher’s efforts if a boy hears his careless and unthinking father blurt out at the table : ‘ Pray to God ? That’s all right for a woman, but a man must get out and hustle for the money. If praying to God would bring you money, why don’t preachers get money ? ’

“ I heard a boy say this to a lot of his gang. Do you believe for a moment that he evolved these ideas from his own brain ?

“ In my *Confidential Chats with Girls* I have said much that can be omitted here. However, the one great fact for parents to remember is that it is not altogether the girls’ faults that bring tears and disgrace to mothers and fathers—it is the home neglect.

“ Social conditions of streets and schools are such that no parent can, without great danger, neglect the companions, hours of liberty, and recreations of their daughters. Neglect of intimate instruction of what approaching womanhood means, of the unpleasant facts facing every girl who strolls unwatched ; of public dances, summer resorts, the beaches, moving-pictures, shows of a certain kind, and the unavoidable truth that men pick acquaintance only for a certain purpose, are all matters that must be tactfully but emphatically taught. The girl should be personally instructed in sex hygiene and so watched that impulses do not run away with her. There are times in the adolescent girl when to let her out of your sight is to aid her in going wrong. This is especially so in the girl from fourteen to eighteen years of age. It is not pleasing to have to state that the public schools are not places for many girls to attend unless they are home-watched and kept away from a certain class of youths and young women now attending the public mixed schools. Matters have changed so much in this respect since mothers and

fathers went to the public schools that only the physician and those who have made a study of adolescent deviates fully realise the exact state of affairs.

“ The girl’s social life—and she must have some kind of society—should be governed and controlled at home. It is here she must meet her companions of characters that benefit instead of harming. When she goes to social entertainments at the homes of others, know all about those homes, From this neglect has much harm come. The days have passed when a girl could be companionable with other youths and girls simply because these went to the same school. If a mother will make a chum and companion of her daughter in every way—intimate details—she has then but little to worry about. Let her go her own way, and you will find that seven times out of ten she has gone the way of least resistance—The Easiest Way.

“ The child’s mind is like a moving-picture film. It receives indelible mental pictures and words as quickly as they move before it. And do not forget this fact : you cannot open the brain and take out the reels of these films. They are there for life. They remain the most enduring and incised mental photographs of any that are afterwards received by the mind. Many times they are the active thoughts and ideas which move the MAN.

“ There are so many of these vital facts for a father to know and remember. He wants the boy to learn to use his hands and tools in some paying trade or craft ; he desires that his mind be trained to handle figures or business problems. To accomplish these ends he sends the boy to school, to the shop, to the office. But to train the boy to have reverence, moral ideas, respect for the law and religion, ethical understanding, in his HOME shop, there are no examples for tools, no words for moral craftsmanship, no confidences for the inner development of man.

“ And there are other vital, most vital, things which it is the duty of a father to impart to his boy.

“ Denied at home, unmentioned at school, where do our boys learn those things they should NOT learn ?

“ On the streets, from the gang, in the pool-rooms, at the low theatres.

“ Where do the boys learn of the beautiful truths ; the wonderful facts which are the foundations of all life ?

“ Nowhere.”

“ Who should teach them ? The parents, of course. But the parents must first fully learn of these matters.

“ Blind ; blind to the great responsibilities of parenthood have most British fathers and mothers been during the last two decades. Fatuously have they gone along blind to the facts of life ; facts that right down in their hearts they know should be faced and courageously met.

“ Parents one and all ! Take it to yourselves and think over this serious matter. Get into your inner selves and see what a wrong you have done your children. Consider what you owe your sons, the nation, our Creator.”

THE END



